

SUSIE FERGUSON On coping with stress
& why she's leaving Morning Report



NEW ZEALAND

LISTENER

OCTOBER 1-7 2022

HOW TO DO THE MOST GOOD

The simple idea
that's ignited
a global trend



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LIONEL SHRIVER

Why she won't shut up,
& why it's too late anyway

NICK CAVE

The life and loves
of a He-Devil

NADIA LIM

The celebrity chef
goes back to nature



24

FEATURES

COVER STORY

16 | Birth of a notion

Philosopher William MacAskill is out to revolutionise how we live. The secret, he believes, is to do good not just for today but for generations to come.

by Danyl McLauchlan

24 | Calm under fire

As she leaves *Morning Report* for a new role at RNZ, Susie Ferguson reflects on stress, menopause and being stern with politicians.

by Michele Hewitson

28 | Hell and damnation

Author and journalist Lionel Shriver makes her living out of sharing her often-provocative opinions. And in a new non-fiction collection, she's included some that brought her a load of grief.

by Mark Broatch

32 | 'What has happened to us?'

On September 26, all government vaccine mandates will end. For some workers, it is a historic decision that leaves deeply painful scars, writes teacher LISA WILLS.

LIFE

36 | Health A viral cocktail shows promise in combatting the bacteria that cause irritable bowel flare-ups. by Nicky Pellegrino

38 | Nutrition Plant-based meat alternatives have their benefits over red meat but are still a processed food. by Jennifer Bowden

40 | Food *Great British Bake Off* judge Paul Hollywood presents his take on old favourites that never lose their shine.

42 | Wine A classic Bordeaux grape is gaining a foothold here. by Michael Cooper

43 | Psychology Whether our coping

mechanisms are harmful can depend on what we gain. by Marc Wilson

44 | Technology New Zealand is dragging the chain on introducing a digital driver's licence. by Peter Griffin

BOOKS

46 | Confessions of a Bad Seed Nick Cave offers a searingly honest account of the loves, traumas and epiphanies of his life. by Linda Herrick

48-55 | Books Ned Fletcher's examination of the English text of the Treaty of Waitangi; director Michael Mann revisits *Heat* in a novel; veteran *New Yorker* writer Rebecca Mead's wistful account of readjusting to life in London; Andrew Sean Greer's *Less* sequel; new poetry titles from Sudha Rao, Nick Ascroft and Tom Weston; and Francis Fukuyama on the world after the Cold War.

49 | Poetry by Elizabeth Morton

COMMENTARY

3 | Upfront

4 | Letters *Plus Caption Competition, Quips & Quotes and 10 Quick Questions*

8 | Bulletin Cathrin Schaer

9 | Diary Russell Brown

11 | Life Bill Ralston

13 | Reality Check Stephen Davis

14 | Politics Jane Clifton

94 | The Good Life
Michele Hewitson

DIVERSIONS

**56-59 | Diversions
& Puzzles**

ENTERTAINMENT

60 | Television Russell Baillie

62 | Film reviews Sarah Watt, Russell Baillie

64 | Music Graham Reid

66-70 | Television Russell Baillie, Russell Brown

71-91 | TV programmes

92-93 | Radio programmes

93 | Classical Richard Betts



p54



p46

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Open new doors

Learning even a little bit of another person's language can go a long way to earning their respect, writes CHARLIE GAO

I was born in Chengdu, China – also the birthplace of pandas – but when I was four, we moved as a family first to Britain, then to the United States, eventually settling in New Zealand.

Within six months of leaving China, I had forgotten how to speak the local Chengdu dialect. My dad told me that one day on the bus when I was five or six, I just started speaking English and that was that.

My parents, and occasionally my grandparents when they came to visit, did their best to teach me Chinese. By then, however, I had decided I couldn't see the point of spending extra hours indoors, repeating words and writing characters repeatedly while my friends were out playing.

It was only years later, having finished my postgrad studies at the University of Auckland and doing my OE in China, I realised how lucky I was that I'd managed to learn some Chinese – despite my best efforts not to.

When I arrived in Beijing, it began to sink in how awful my skills were, but I could get by, and what I had gave me a decent foundation to learn more. In my first year, I studied Chinese at Peking University alongside classmates from around the world. It was my first formal Chinese education. I'm still not a great reader and I can't write many characters by hand, but can speak, type and text Chinese reasonably. But a little Chinese can get you a long way. I've seen this time and time again.

Having some Chinese language opened doors for me. It made it seem less daunting to do my OE in Asia rather than Europe. It allowed me to work and eventually build a career in the private sector, advising Kiwi and international firms on their commercial strategies in China.

In my previous role, some of our clients made an effort to

learn a little Chinese. I noticed that the ones who did were more likely to thrive. It wasn't about having perfect Chinese. It was about showing a little respect for a culture that is very different from your own, and building a relationship from that position of mutual respect. It can be a powerful thing.

I'm now part of a skilled, committed team at the North Asia Centre of Asia-Pacific Excellence (we refer to ourselves as North Asia CAPE). We are a New Zealand government-

funded agency hosted by the University of Auckland, and our mission is to support New Zealanders to become more knowledgeable, capable, connected and, ultimately, more successful in the region. There are also CAPEs dedicated to supporting New Zealanders looking to Southeast Asia and Latin America.

New Zealand Chinese Language Week (September 25 to October 1) is an opportunity for Kiwis from diverse walks of life to learn a few phrases of Mandarin, the most widely spoken first language in the world.

We all know that China is an important trading partner. For me, this week is also a time that we as New Zealanders might recognise and celebrate the contributions of our Chinese communities, and reflect on the benefits of learning a new language such as Mandarin.

I think it's important enough to repeat: you do not need to achieve full

fluency to experience real benefits. Whether you're a student, tradesperson, businessperson, teacher or whatever, being able to speak a few well-practised phrases of Mandarin is achievable, fun and potentially really useful. It can help you to break the ice, make another person feel more comfortable by showing that you respect them, and start to open new doors.

Who knows where those doors will take you, and us as a nation. ■



Author Charlie Gao as a youngster with his mother in London.

It is a time for us to recognise and celebrate the contributions of our Chinese communities.

SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.

Careful what you wish for



Under the terms of the Act of Settlement 1701 (amended to remove gender discrimination in 2013), the heir to the British throne becomes King or Queen the instant the previous monarch dies.

So, New Zealand did not rapidly accept Charles as King, as Chris Brady (*Letters*, September 24) suggests.

Within a day or so, Charles was proclaimed King to the population of the UK in a traditional ceremony – a relic of the times before mass communication. A similar proclamation was made in New Zealand.

Neither government had the power to accept or reject what was already the status quo.

The head of state of New Zealand since the Treaty of Waitangi was signed has been the British monarch. Nothing alters when there is a change of monarch.

And, of course, in a hereditary monarchy, the population does not get to vote. Brady will have to wait until a referendum is held – if one ever is – on whether New Zealand should become a republic.

I have always believed that it would be disastrous for

Britain, socially and constitutionally, if it became a republic. As for New Zealand, I read once that, historically, democracies with a monarch as head of state have been more stable than any other system.

So, we must be careful what we wish for. Will another level of government cost us way more than the present situation? Will we have to cope with another layer of politics?

Of course, this is a democracy, so I shall accept the decision of the majority.

Nigel Christian
(Cambridge)

We can only agree with Chris Brady that the monarchy bestows enormous wealth and privilege on a small number of people born of families who gained entitlement through exploitation.

As New Zealanders, we cannot afford to be smug. We have many people in our midst whose lifestyle is also far removed from ours and who never have to worry about paying off a mortgage, cost-of-living increases and the price of fuel.

These people are able to exert vast power within our

WINNING CAPTION

Kate Gore, Tauranga

FINALISTS

Venus Williams: “Daddy told you not to use that word when you missed a shot.” – Gary Hirst, Auckland

Serena Williams: “Try to look mysterious. I want them to think we’re plotting something.” – Margaret Cannon, Palmerston North

Serena: “Is it you or me to serve next?” – Paul Kelly, Palmerston North

Caption: The Williams sisters. Shy and retiring.
– Steve Godsiff, Timaru

Serena: “Shhh, I’m not really gonna retire.”
– Ann Kidd, Motueka

Serena: “Psst: does Dad know that we’re retiring?”
– Kevin Boyce, Raumati Beach



Sarah, Duchess of York arrives at the Hotel Excelsior during the 79th Venice International Film Festival on September 8.

Caption competition
THIS WEEK'S PICTURE



Caption Competition

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TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with “Caption Competition No 480” in the subject line. Alternatively, entries can be posted to “Caption Competition No 480”, NZ Listener, PO Box 52122, Kingsland, Auckland 1352. Entries must be received by noon, Tuesday, October 4.

THE PRIZE The keepsake book of the multiple Emmy Award-winning TV comedy *Schitt's Creek*, by series creators and stars Daniel Levy and Eugene Levy.

own government and on its legislation. While not being kings, they are indeed princes in their own realms. We didn't vote for them, either.

Jim Powell

(Woodbury, Geraldine)

I have news for you, Chris Brady. You don't have a choice; Charles is your king. It is not optional. And should you break any of his laws, for example through ultra-left shenanigans or anti-authoritarian activity, you will likely spend time in his prison, where you can shout "I didn't vote for him" until the end of your sentence.

However, you could move to Outer Mongolia (a very appealing thought, really), renounce your citizenship and become a citizen there.

They also don't vote for "him".

Bernd Reber

(Clarks Beach, Auckland)

No sooner has the Queen died than the republic issue emerges. But before we think of "whether", the advocates need to answer "what". Before we buy into something, we need to know what it is.

Right now, our system is not broken, so we do not need to fix it for the self-importance of some arm-wavers.

What sort of constitution would they want? What exactly does the Treaty mean, and what parts would be incorporated in a sufficiently specific form that everyone knows what is meant by it and accepts the meaning?

What role would the president have? What precautions should be taken to ensure there are no unintended consequences?

Regarding constitutions, note that in the United States, a man who denied the constitution by arguing he had not lost the presidential election and now could be charged with espionage was the person who appointed three of the highest judges in the land.



Recall the flag debate. Everyone wanted a new flag until they saw what they were getting: something that was very similar to the flag of an American corporation.

The advocates for a change in our constitution should first advocate what they want it changed to, before any thought of a decision is made.

Ian Miller

(Kelson, Lower Hutt)

CHILD POVERTY

The far-reaching article regarding child poverty and the deficits in our society ("Deprived at the start", September 17) flags an emergency that is not going to go away and which will get worse unless drastic action is taken by everyone.

Often the headlines focus on one aspect, such as food prices, mortgage rates, rental properties, or the cost of fuel and energy, but these all compound and add to the burden.

From the moment they are conceived, children are growing and require food, shelter and security to reach their potential in both learning and health.

We know so much about growing healthy food in Aotearoa, but this is not matched by how we grow our children.

We know more now about public health in Aotearoa and how to slow a pandemic, but we seem to forget that the basis of public health is also communities working together, shelter, wholesome food, clean water and air.

The United Nations, as part of the Universal Declaration of Human Rights, also says that, as individuals, each person should respect and stand up for the human rights of others. We all have a role.

Elaine Rush, MNZM

Emeritus Professor of Nutrition, Auckland University of Technology

THE KIDS AREN'T ALRIGHT

As I read Stephen Davis' "The

really bad news" (*Reality check*, September 24), the sky outside noticeably darkened. It may have been the foreboding of yet more rain or a prophetic warning about the security blanket we call democracy.

Based on the percentage quoted in the article, a generation in the UK doesn't much care about universal suffrage, opting instead for a form of autocracy that would just get things done.

I am not familiar with the research mentioned, but utopian socialism was not the outcome that popped into my mind.

The sky was more threatening. I wondered whether the education system had short-changed this generation.

I remember a teacher who wrote on the board, "Be a good crap detector." I doubt any

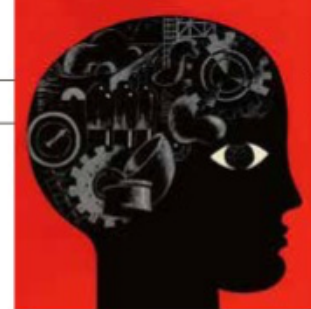
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The Editor, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

- Letters must be under 300 words. Preference is given to shorter letters.
- A writer's full residential address is required on all letters, including emails.

- A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.

STEVE BOLTON



Quips & Quotes

"A poem begins as a lump in the throat, a sense of wrong, a homesickness, a lovesickness." – Robert Frost

"I love how Charles says the pen leaks on him all the time. You're literally the King of England, dude! If you don't like the pens, get different pens." – Trevor Noah on a video of King Charles being irritated by a fountain pen

"I am a part of everything I have read." – Theodore Roosevelt

"Zendaya just turned 26 last week. Twenty-six is a weird age in Hollywood. I mean, you're young enough to play a high school student, but you're too old to date Leonardo DiCaprio." – Kenan Thompson at the 2022 Emmys

"Good judgment comes from experience, and experience comes from bad judgment." – Rita Mae Brown

"Money does not make you happy, but it quiets the nerves." – Sean O'Casey

"I write unreliable narrators because – paradoxically – they're the most honest, true-to-life kind there is." – Ruth Ware

"Drawing is rather like playing chess: your mind races ahead of the moves that you eventually make." – David Hockney

"We are drowning in information but starved for knowledge." – John Naisbitt

"Early morning cheerfulness can be extremely obnoxious." – William Feather

10 Quick Questions

by GABE ATKINSON

1. Which of these countries or regions is *not* a former colony of Portugal?

- ☐ Brazil
- ☐ Angola
- ☐ Macau
- ☐ Philippines

2. The Sheffield Shield is Australia's premier domestic competition for which sport?

- ☐ Cricket
- ☐ Australian Rules
- ☐ Rugby
- ☐ Soccer

3. What item of equipment must be worn by boxers in the Olympics, but not in professional bouts?

- ☐ Singlet
- ☐ Boots
- ☐ Mouthguard
- ☐ Gloves

4. Douwe Egberts, Folgers,

Maxwell House and Kenco are all common overseas brands of ... what?

- ☐ Instant coffee
- ☐ Chocolate
- ☐ Mustard
- ☐ Biscuits

5. Which of these stage musicals is performed with the cast on roller skates?

- ☐ Miss Saigon
- ☐ Aspects of Love
- ☐ Hair
- ☐ Starlight Express

6. Which of these artworks is not housed in the Louvre Museum in Paris?

- ☐ Liberty Leading the People
- ☐ Venus de Milo
- ☐ The Starry Night
- ☐ The Raft of the Medusa

7. Which of these writers was a real person who published

under their own name?

- ☐ Carolyn Keene
- ☐ Richard Bachman
- ☐ Daphne du Maurier
- ☐ Franklin W Dixon

8. True or false? Wild rabbits are strong swimmers.

- ☐ True
- ☐ False

9. Which of these classic films does *not* star Marilyn Monroe?

- ☐ Some Like It Hot
- ☐ The Seven Year Itch
- ☐ Roman Holiday
- ☐ Bus Stop

10. According to the nursery rhyme, what did Old Mother Hubbard search her cupboard for?

- ☐ Bacon
- ☐ Bone
- ☐ Broth
- ☐ Bread

Answers on page 58.

of us at the time grasped the significance of what he said, but it stuck.

The teacher could never have imagined its relevance to social media and the speed and ease with which misinformation and disinformation find a way into our headspace.

There have always been conspiracy theories. Rabbit holes, however, were exclusively for the residents of Watership Down.

The rain was now hammering down, as if to emphasise "the really bad news". I had only known democracy and a royal head of state. Both had always been taken for granted.

Even if Aotearoa were to quit the anachronism of royalty, the parliamentary system would remain a trusted companion. Davis' column raised an unease about that constant.

The sky lightened. I put down the *Listener*, headed outside and almost slipped on some dung. My teacher's

message had temporarily been forgotten.

Paul Kelly
(Palmerston North)

LETTER OF THE WEEK

I've heard it said that the best form of government would be a wise and benevolent dictator. There may be some truth in this, but it's alarming to hear that so many young people apparently think that it is a credible option.

Surely, this is down to simple ignorance. It doesn't take a lot of knowledge of dictatorships past and present to realise that "good" dictators are like unicorns: possible to believe in, yet impossible to actually find in the real world.

To quote Winston Churchill: "... democracy is the worst form of government except for all those other forms that have been tried."

Martin Green
(Whangārei)

I can't help wondering if the

disillusionment of young people turning their noses up at democracy is misdirected and should instead be turned on capitalism.

A society that is focused on equality and providing a good standard of living for its citizens, rather than profit and greed, could be the answer these young people are looking for.

As Charlotte Grimshaw's Uber driver mused (*Diary*, in the same issue), at least in the Soviet Union everyone had an apartment and a job. We can't say that about modern life in capitalist New Zealand.

John Deyell
(Ellerslie, Auckland)

FLAKY THINKING

Surely, Stephen Davis (*Reality check*, September 10) has grasped the wrong end of the Flake bar when defending the use of te reo on product. Producers have used te reo with no big deal for decades – I remember Kia Ora orange

juice, and brushing on Kiwi shoe polish.

The issue is about product promotion and illegal endorsement, and Davis does not mention that the Prime Minister was disapproving and looking into it.

Instead, he goes for an easy target: the maligned Male, Pale and Stale – his demographic, which he condemns for their anger and blames for racial ignorance.

He should be exploring the other end of the stick. Marama Davidson, co-leader of the Green Party, is seen celebrating on the steps of Parliament a slab of chocolate. Unless it can be shown that Whittaker's had proffered inducement, then it was okay, maybe.

The collateral exposure for the chocolate people has been invaluable.

Grant Lilly
(Waiheke Island)

THATCHER'S LEGACY

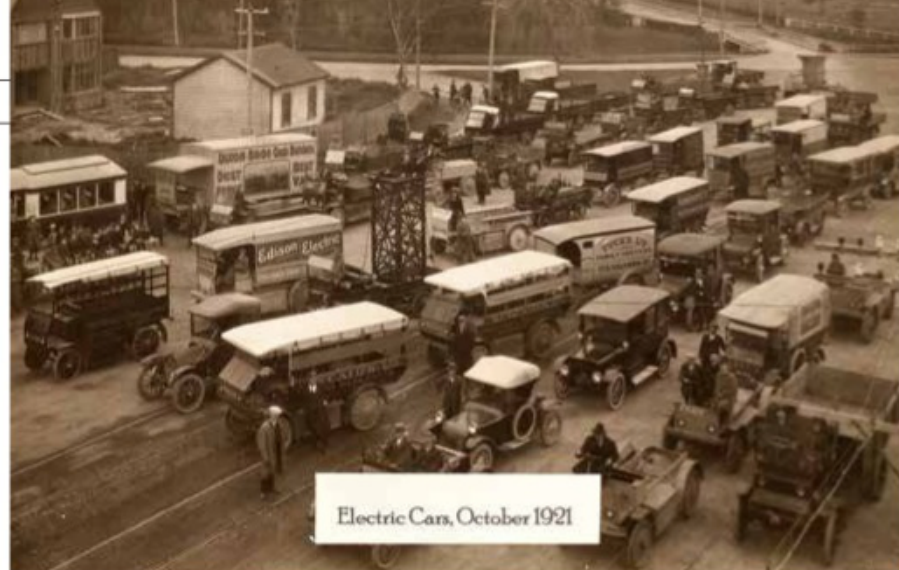
In response to Doug Dallimore (*Letters*, September 17), I feel he has fallen into a classic trap of thinking that the people he mixed with typified what the nation thought. We tend to mix with people who have similar beliefs, so I'm not going to say that ordinary people abhorred Margaret Thatcher and her government just because my working-class social group did.

What I would say is that 40 years on, the UK is paying a bitter price for the policies he lauds. The profits of the privatised energy, water and railways are now being used to subsidise state-owned industries throughout northern European countries, while the British consumer has the highest rail fares and energy prices and the filthiest rivers.

Quite a legacy.

Bernard Farrelly
(Whitianga)

Margaret Thatcher was deeply unpopular. If it was not for the 1982 Falklands conflict, she



SLOW TO SPARK

Two days ago, I tried to help two EV owners plug in and charge their new EVs in downtown Queenstown at the only fast chargers available to people who do not own Teslas.

Sadly, after calling the provider, both chargers were found to be out of order. If New Zealand is going to move into the electrical age and reduce its fossil-fuel footprint, chargers will need to be plentiful, strategically located – and working.

Incidentally, the photo above shows a fleet of electric vehicles meeting near Hagley Park in Christchurch in 1921. Forty of the vehicles were

privately owned and 11 were owned by the city council.

A framed version of this photo, which hangs on the wall of an Amberley garage, notes that for the Municipal Electricity Department in the early 1900s, electric vehicles offered “splendid opportunities for a valley load filler”. In other words, they could be charged overnight when electrical load was low.

We 2022 folk are just reinventing the EV push that our ancestors a century ago initiated in New Zealand. It was squashed by the big oil profiteers. But back then, of course, climate change and global warming meant little.

Rob Buchanan
(Kerikeri)

would probably have been a one-term prime minister. She should have erected a statue of General Leopoldo Galtieri.

She was not a financial genius, either. Her bacon was saved by North Sea oil and gas. The cleverest thing Margaret Roberts did was marry a millionaire named Denis Thatcher.

CC McDowall
(Rotorua)

MISSING MURU

I agree with Russell Baillie's review of *Muru* (*Film*, September 10). What a brilliant film – superb acting, amazing photography, great storytelling: film-making at its best.

Sadly, I was the only one at the senior session at a local mall and I suspect few at my

retirement village will want to see it. They would be angry that much of the film is in te reo, even though it is subtitled – just as any French or Italian film would be. Their loss.

J Wallis
(Blockhouse Bay, Auckland)

CPI UPDATES

Rick Jones must be commended for his timely article (*Upfront*, September 17) concerning this country's lax approach in publishing consumer price index figures only three monthly. New Zealand is now the only country in the developed world that fails to provide CPI figures on a monthly basis.

In these days of almost instantaneous data processing, and with so much

information on which the CPI is based so readily available, it seems totally unacceptable that official CPI figures are updated only four times a year.

Dr Hylton Le Grice
(Remuera, Auckland)

HOUSING SUPPLY

Housing policy critics across all media were far too quick to condemn the government's progress, conveniently omitting to note that the “100,000 homes” target was over 10 years (*Politics*, September 10).

Instead, they immediately cited this as a prime example of government incompetence. They forgot Rachel Hunter's now-famous TV-commercial advice: “It won't happen overnight – but it will happen!”

The government is now making significant and measurable progress to fulfil its promise.

But none of this will continue if the opposition are returned to power. Jane Clifton can bet her house on it.

Clyde Scott
(Birkenhead, Auckland)

COUNTING CLICHÉS

If the *Listener* ran a competition for cramming the most common soggy, pretentious, cliché-words into a single sentence, this would be my entry: *With my deepest thoughts and prayers, I absolutely refute the shallow critiques of my reaching out to share the learnings from my life-journey.*

Nine clichés. Job done!

Tim Hazledine
(Freemans Bay, Auckland)

Editor's note: Nice idea. Can anyone do better?



Letter of the week prize

Set in 2041, *The Collections* is a dystopian novel that explores how far a distressed humanity might go to resolve the global population crisis.

CATHRIN
SCHAER

Denying the despot

There's a weaselly dictator in our midst. A fleshy-faced despot, he has curbed media freedoms, bent local judiciary to his will and boasted about being a defender of "family values" who opposes "gay propaganda" and "mixed-race" relationships. And no, it's not Donald Trump or Vladimir Putin. Please welcome to the stage the European Union's very own Viktor Orbán, Prime Minister of Hungary.

The US' extreme right-wing Conservative Political Action Conference did exactly that this summer. Invited to Texas for the conference, Orbán told the global, liberal order to "go to hell" to applause from a rabid conflagration of racists, bigots, trucker-cap-lovers and Trump supporters.

Querying why US conservatives are fanboying so hard for Orbán, experts have come to this conclusion: he has shown the world how to turn a democracy into an authoritarian state, and he has done so in the heart of Europe.

Hungary joined the EU in 2004, and back then, Orbán said he thought Europe was Hungary's future. Apparently, now he thinks it's the other way around.

"Orbán is proof of concept" for US conservatives, Kim Lane Scheppele, a politics professor at Princeton University, explained in an August editorial. In power for 12 years now, Orbán has also been described

as "the ultimate 21st-century dictator" and "a Trojan horse" intent on destroying the EU from within.

And perhaps the strangest thing about all this is that until relatively recently, the EU seemed content to simply watch Orbán's ascent to these

When you're travelling in Europe, you'll often see big, blue billboards by the side of a park or playground. "Built with funds from the EU," they explain.

In Hungary, anti-corruption investigators suspect that about half of the multimillion-

In mid-September, the European Parliament passed a non-binding resolution in which they agreed Hungary had become a "hybrid regime of electoral autocracy".

Orbán thinks it's all a bad, "boring joke" – even though this is the first time the EU has said a member state was no longer a democracy, a prerequisite for joining the league in the first place.

A few days later, the EU's executive branch said it would ask member states to suspend about 65% of Hungary's funding. That's about €7.5 billion (\$12.6 billion) that the country, faced with inflation and other economic pressures, desperately needs. It's also the first use of new EU rules that say only well-behaved EU members get EU money.

So, why should we all care about whether some bolshie eastern backwater, with fewer people than metropolitan Paris, keeps getting bags of cash?

Because if authoritarianism and fascism really are on the rise, then, putting all hypocrisy aside, this is the EU finally standing up for the post-war values it was supposedly founded upon. As one German journalist has already said, this is a fight for the soul of the EU. Hopefully, it's all not too late. ■

Cathrin Schaer is Middle East editor for German public broadcaster dw.com, and lives in Berlin.



Why should we care about whether some bolshie eastern backwater keeps getting bags of EU cash?

withering axioms from the sidelines.

The EU's attitude, critics say, has been wilfully neglectful, infused with concerns about interfering in another country's affairs and slowed by the glacial pace of its own consensus building. Meanwhile, Orbán has been busy with billions of euros provided by Europe's wealthier nations, greasing the palms of a mafia-esque network of supporters.

dollar budget the EU forks out for Hungarian bike paths and bus stops was going into private pockets. Between 2004 and 2021, Hungary received €55 billion (\$93 billion) from the EU, the most of all member states. Between 2015 and 2019, it was also the country where Europe launched the most investigations into misuse of EU funds.

But all this was ignored for years. Until now.



RUSSELL BROWN

Think global, act local

If general elections are a triennial set-piece that draws the country into a common narrative for a few heady months, local body elections are almost the opposite. News comes out of each centre as if in dispatches from another country, where they do things differently. As, indeed, they do.

In Wellington, pundits have battled to judge the implications of the single transferable vote system in what may be a complicated three-way race. Invercargill has enjoyed its customary generous per-capita headline haul, thanks to the entry to its mayoral race of a new celebrity candidate, broadcaster Marcus Lush, to challenge fraying celebrity mayor Tim Shadbolt. But, because the news is where the journalists are, one local battle, Auckland's mayoralty race, has been presented to the nation more than others.

It's been an Auckland election with an unusual flavour of Wellington about it. The NZ Taxpayers' Union has been operating through its local proxy, the Auckland Ratepayers' Alliance, which has rights to monthly polls run by Curia, the company owned by the lobby group's co-founder David Farrar. The polls have steered the contest in some interesting ways.

The race began, as is almost traditional in Super City Auckland, with a splintered field on the ostensible right

of the slate. Taxpayers' Union executive director Jordan Williams entered with his other operation, The Campaign Company, to create social-media content for the campaign of former restaurateur Leo Molloy. But Molloy withdrew in response to the Curia polling, reasoning that he could only split the vote.

Williams moved on to work for rival candidate Viv Beck, whose campaign had had bad press over a claimed debt to its former advertising company. Then Beck pulled out – on the day the ballot papers went out and too late to have her name removed from them.

On the centre-left, the consensus candidate, Efeso Collins, has made no major missteps in a campaign in which he recently told a journalist, "I feel like I'm talking to a million people in groups of 30."

There have been many, many meetings in this

campaign season and Collins has been to more of them than anyone else. He's evidently wearied by it, but Collins also seems to have grown through the experience. There's less feelgood waffle than when he started, and more fibre. When his natural support-

positions – populist rhetoric on co-governance, an apparent reversal of her published support for an expanded cycling network – that she was lamentably unable to defend in person.

Hours before she withdrew from the race, the other main

The Curia polls have steered the Auckland mayoral contest in some interesting ways.

ers in transport reform were underwhelmed by his policy, the campaign went back to the drawing board and came out with new ideas, including that of an Active Modes Commissioner to defend the interests of walkers and cyclists.

If Collins has grown, his rivals have contrived to diminish themselves. Beck's replacement campaign advisers had her taking

contender, Wayne Brown, bailed out of a debate on the basis that the moderator would be *New Zealand Herald* local government correspondent Simon Wilson. Perhaps Brown feared that his "fix-it" pitch to voters might be exposed by a well-informed interviewer.

Although serial candidate Craig Lord will always back his chances, the contest has probably come down to two main contenders, Collins and

Brown, and no one knows what's going to happen. After chairing a couple of those countless candidate panels, I came to the conclusion that Collins has been able to avoid the chaos of other camps and has demonstrated personal qualities the others have lacked. But how much being the best person in the race bears on being the strongest candidate is a matter for Auckland's voters. ■

Russell Brown is a freelance journalist based in Auckland.



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BILL RALSTON

Heads out of the sand

It seemed like a good idea at the time. Get out of frenetic Auckland, buy a house on a beach in the country, rest up and relax. Having done that, I'm finding it hard to calm down, because our local council is insisting my wife and I are now doomed by sea-level rise unless we and any neighbours looking to renovate their properties raise our houses up on stilts a couple of metres higher off the ground.

The fact that waves generated by the risen sea would soon undercut and erode the house piles and we'd still end up drifting out into the Pacific seems to have eluded the council. However odd the insistence that people in my neighbourhood should create pole houses on level sites is, at least the local body seems to no longer use the words "managed retreat", which would entail loading our home on to a truck and finding somewhere drier to relocate to. That always seemed a little extreme to me.

Stats NZ has estimated there are 72,065 people living in areas that are projected to be subject to extreme sea-level rise. Exactly when that will happen is not clear, but I'm hoping I will be safely dead and buried by the time it occurs. In the meantime, cheered by that happy news, I will try to relax, look out at the sea and listen to the thunderous crashing of waves on the beach and,

thankfully, not on our home.

Yet it is slightly scary to see the effects of climate change. Five years ago, when we moved to Hawke's Bay, the weather was traditionally hot and dry. The past three years have seen it rain in deluges. Apparently, the country experienced the wettest winter since 1971 this year, but, on the plus side of the ledger, we have had record high temperatures for three consecutive years. Well, it's a plus if you don't worry about global warming.

It's not helping that forecasters say there's a good chance La Niña will stay around, with warmer temperatures, bouts of heavy rain and storms. Can we have El Niño back?

The encroaching sea itself

is getting warmer. Niwa scientists warn that conditions are such that this summer, the country's coast faces another "marine heatwave", with higher-than-usual water temperatures. The effect on

but it does make them more edible for fish, who are happily munching on them in greater numbers. There are reports that the same thing is happening in Auckland's beautiful Hauraki Gulf.

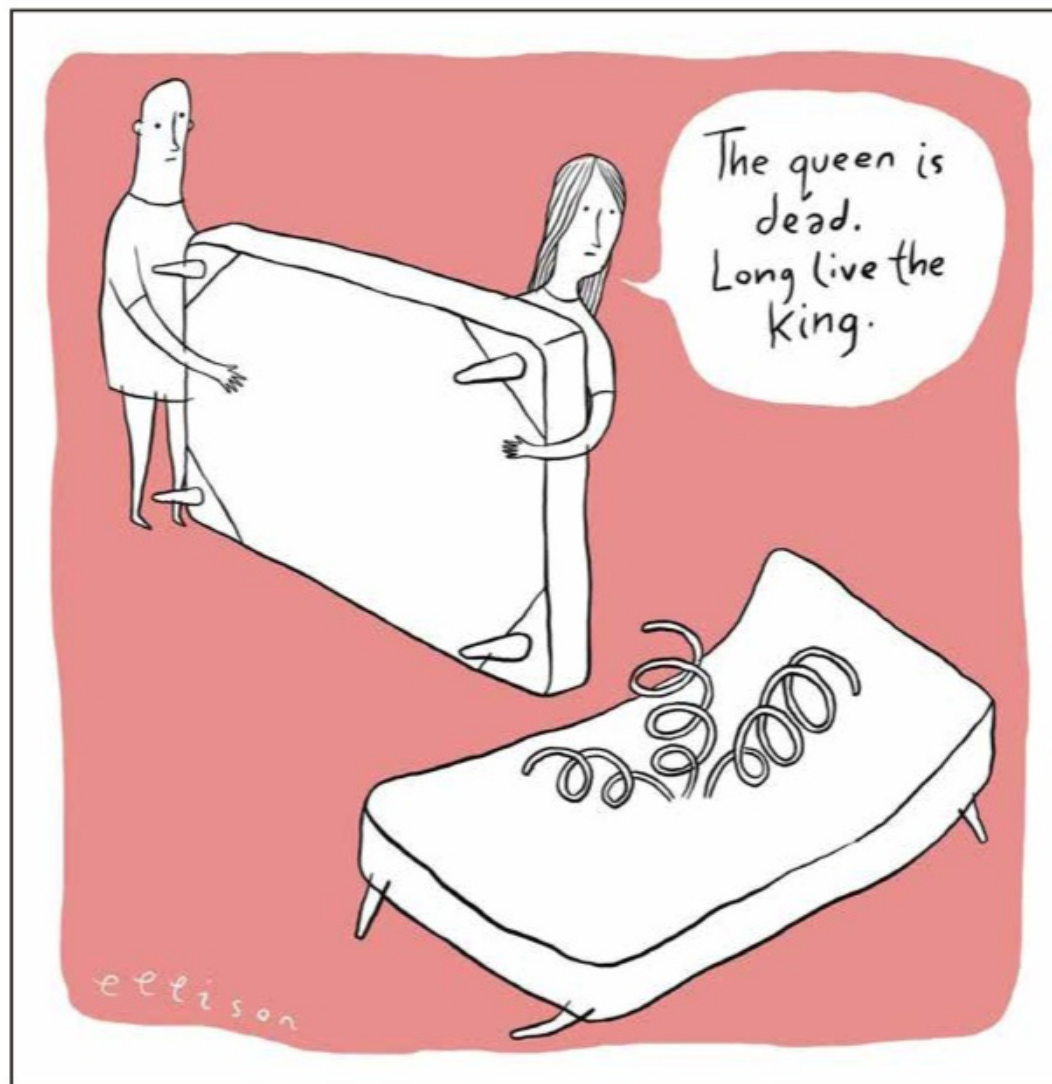
A scientific study of more than 50 South Island glaciers found many could disappear within a decade.

aquatic life is potentially catastrophic. Earlier in the year, scientists discovered that hundreds of thousands of sea sponges in Fiordland had turned from brown to a bleached white colour. It seems the bleaching does not kill the sponges outright,

A scientific study of more than 50 South Island glaciers found they were getting smaller and many could disappear within a decade. Niwa has been studying the glaciers since 1977 and estimates more than a third of the ice volume has been lost from the Southern Alps in that time. Glaciers are the classic indicators of climate change and they are sending us a warning right now.

In the face of all this evidence about our changing climate, people seem very complacent. Maybe, like me, they are hoping that nothing too terrible will happen over the next few decades and that they will be dead and gone by the time a cataclysm occurs. That is not very helpful for our children and grandchildren.

I won't be putting our house on stilts, but I will be keen to endorse any political party that proposes real moves to address the effects of climate change. ■



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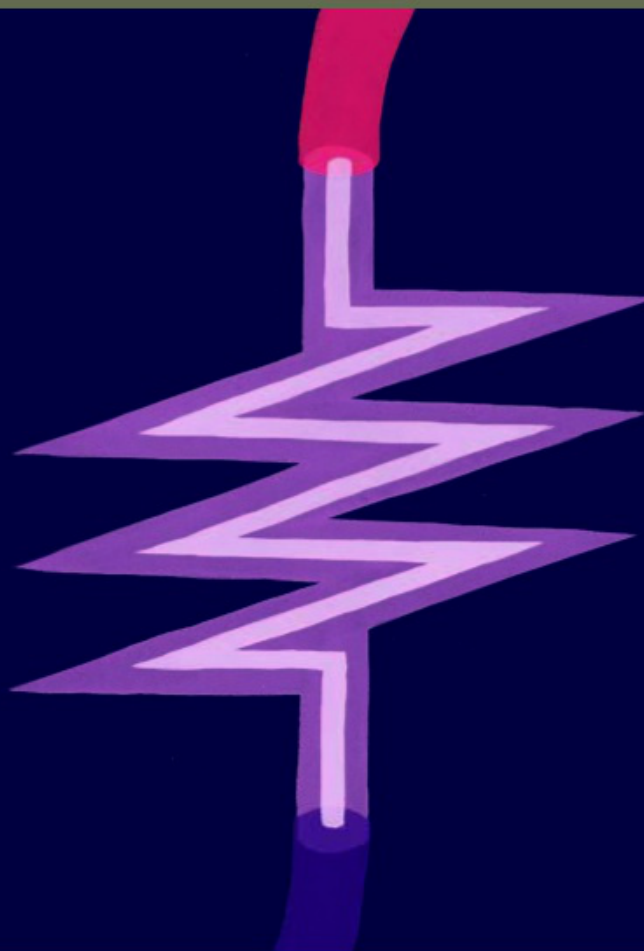
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STEPHEN
DAVIS

The 'spy' who became a statue

This column is about a statue and a country. As I write this, the BBC World News has finally ended more than a week of leading its news bulletins with the death of the Queen, hours of coverage that carried on even when there was very little new to say.

The story of a discovery of a mass grave in a pine forest in Iziun, Ukraine, finally broke the royal spell.

Iziun was an important hub for the Russians during five months of occupation before Ukrainian forces took back control of the city. As excavations proceed, many of the bodies show signs of torture.

Another news report breaking through the royal haze revealed Russia spent hundreds of millions on overseas disinformation operations in a campaign to weaken democracy and promote extremist groups.

The *New York Times*, in another investigation, has a startling and sinister account of how Russian disinformation helped to fracture the Women's March group in the US, which had mounted one of the largest protests in the nation's history against the presidency of Donald Trump.

Putin's Russia is trying to change the world, for the worse, and we need more than ever to understand it.

Which brings me to Max Otto von Stierlitz.

Earlier this year, a statue to Stierlitz was unveiled in front of the Foreign Intelligence Service (SVR) headquarters in Moscow.

Stierlitz was a Russian spy who penetrated the Nazi high command and foiled a secret anti-Russian plan cooked up by the Germans and the CIA towards the end of World War II.

He is a Russian hero, consistently topping polls as the man Russian citizens would like to

played the role was tall and handsome, with great cheekbones and a figure-hugging Nazi uniform tailored by the Russian defence ministry.

The Russian people fell in love with him. Dmitri Prigov, a Russian artist and poet, wrote: "Our wonderful Stierlitz is the perfect fascist man and

perfect man is one example of what experts believe is the rise of Russian fascism.

According to Timothy Snyder, historian and professor at Yale University, Russia has become a fascist country. "People disagree, often vehemently, over what constitutes fascism," he wrote in the *New York Times*. "But today's Russia meets most of the criteria."

Fascism involves performances and love of uniforms, the creation of enemies and, of course, violence.

Its leaders invent stories. In Russia, reality is a fluid concept.

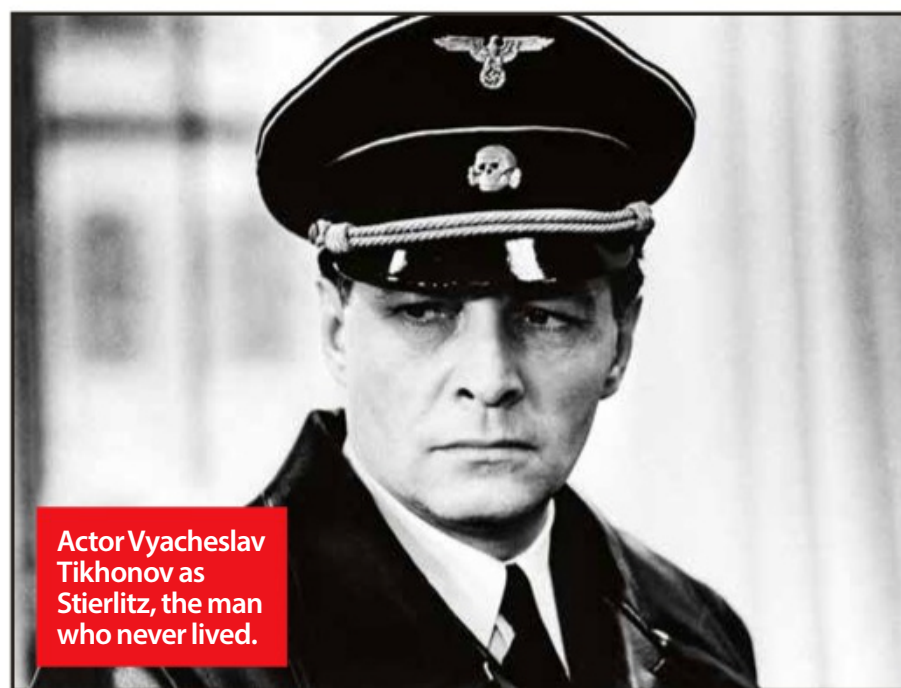
Gregory Asmolov, of King's College London, who has studied Russian propaganda, says it relies equally on three elements: disinformation, isolation and intimidation.

Feed the population disinformation, cut off their access to outside news and intimidate and shut down any independent reporting inside Russia.

It works. Polling shows that among television viewers – mostly elderly people getting their news from state media – more than 80% support the war in Ukraine. Among 18- to 24-year-olds, who get their news from the internet, it is less than half.

Any statement that challenges the Kremlin's version of the "special operation" in Ukraine can get you jailed for 15 years. In Russia, reality is subverted. There is no war going on. But there is a statue to a man who never was. ■

Stephen Davis is a Dunedin-based investigative journalist, educator and author.



Actor Vyacheslav Tikhonov as Stierlitz, the man who never lived.

"People disagree ... over what constitutes fascism. But today's Russia meets most of the criteria."

lead their country. Vladimir Putin has, in many respects, modelled himself after Stierlitz.

But Stierlitz, despite the statue and the public acclaim, was not a real person.

He is the fictional lead character in a 60s Russian book series by Yulian Semyonov. And he featured in *Seventeen Moments of Spring*, a TV drama series made on the orders of then-KGB chief Yuri Andropov. It made Soviet spies glamorous. The actor who

the perfect Soviet man at the same time."

(Of course, the British have their James Bond, but MI6 is not going to put up a statue of him in front of its London headquarters.)

We should fear a country that idolises a Stierlitz and has lots of nuclear weapons. We should continue to pay attention, despite the distractions.

The veneration of the

JANE
CLIFTON

Hobson's choice

New rules protecting productive food-growing land may well be a case of barn doors and reluctant horses.

Never mind Maslow's hierarchy of needs. It's beginning to look as though New Zealand's existential charter is that we can have food or we can have shelter, but we can't have both.

The long-awaited new rules protecting highly productive food-growing land have just been announced, and rather than basking in the glow of having ticked off another of the urgent imperatives outlined by the Intergovernmental Panel on Climate Change (IPCC), all many people here can do is complain about what it might mean for housing.

The National Policy Statement on Highly Productive Land (NPS-HPL) was promised several years ago because of the incessant pressure on councils to let such precious land be used for housing, and because the carbon-farming boom has been converting food land to forestry at a voracious pace.

Land that produces food is not just the overwhelming ballast of New Zealand's economy; the IPCC is adamant it's a global taonga due meticulous protection.

Alas, such is the religious power of property over New Zealanders that anything that

might conceivably impinge on it is automatically suspected of being sacrilegious.

Suspicion has thrived despite the NPS-HPL landing at a time when – save for a few disputed projects like one proposed in Canterbury's

(RMA) and its environmental safeguards – not to mention the costs of navigating it – militate further against greenfield builds.

So the NPS-HPL may simply be the barn door finally closed after it's become clear the

The one-time idyll of inner-city living has been tarnished by vaulting crime in Auckland and Wellington.

Selwyn district – food land may be safer than ever from displacement by housing for reasons of pure commercial reality.

The idea that it will block swathes of land which could provide sunny, up-lit housing affordability for the poor and/or modest of income, or even for the obscenely rich, is heroically misguided. Councils have increasingly resisted greenfield development because they have to furnish the infrastructure, which only saddles them with more debt. Various ingenious levying systems can target the infrastructure cost to the specific developers and buyers. But that only makes new sites less economic to develop. Despite years of reformist mumbling by various governments, the Resource Management Act

horse is in no position to bolt, and would really rather not be expected to.

PREVAILING POLEMIC

Not that the horse is remotely happy to stay in the barn, either. Councils are floundering in their efforts to impose higher density on existing housing zones. Despite the prevailing polemic, the problem may no longer be solely because of the NIMBYs whose pre-existing housing values and amenity suffer from densification – and who wield more voting power. Younger buyers and renters at whom the new housing is mostly aimed may also be dissatisfied with what's on offer.

The building and real estate sectors are guarded about emerging trends, as they don't want to jawbone further deceleration of house

prices. But there's at least anecdotal evidence that close-packed multistorey homes are failing to sustain their expected value, and an apprehension that too many might eventually struggle for occupancy. Various market distortions – not least the pandemic – have made most new homes rather less affordable than had been expected at the time of commissioning.

More ominously, the build, sell and let sector is finding buyers and renters becoming inconveniently picky, even – the cheek of it – those at the low-income end. As population growth eases off – thanks to the pandemic pause and a gathering brain drain – low-income buyers and renters will likely accrue more choice.

Amenities like good light and easy access to open spaces have been downgraded in the housing-shortage panic of recent years, and now that may be catching up with the market. Bluntly, few people like living hugger-mugger and without green spaces. As well, the one-time idyll of inner-city living has been tarnished by vaulting crime, in Auckland and Wellington in particular.

The up-versus-out housing debate is an



increasingly pointless one since “out” is at least as difficult to achieve as “up” and there may already be more than enough “up” in the pipeline to meet market demand. The country’s housing supply is heading toward finally tipping into the black.

Where the “up” has been badly executed, we may be in for another painful learning curve, that of grim, unwanted homes and rentals.

TUGS OF WAR

New Zealand has yet to replicate the misguided high-rise “sink estates” so infamous in the United States and Britain. But the pandemic’s emergency housing, however well intentioned and necessary, has given us a horrific foretaste of what happens when the state obliges people

to live close-packed in micro-dwellings with scant access to safe recreation. Central Rotorua’s dystopia along with Auckland and Wellington’s growing inner-city crime are proving hard to undo.

As to all that land we’re not building housing on, further tugs-of-war are afoot, with the government about to suggest long-term caveats on exotic forestry. This will hurt, because carbon farming – growing firs to offset emissions – is a rip-roaring moneymaker, especially compared to food production.

In the big scheme of things, it was supposed to be more of a temporary insurance policy than a long-term fix. Exotic forest sinks of the “plant and walk away” sort have been catnip to foreign corporates but cause significant environmental damage while

doing little to bring wealth to the regions, save for those locals with the heft to invest.

Environmentalists worry they make us complacent about decarbonisation, likening them to the “indulgences”

Carbon farming is a rip-roaring moneymaker, especially compared to food production.

the medieval rich used to buy to expunge their sins, rather than refraining from sinning. Neither God nor Gaia is presumably fooled.

At the same time, the government is about to introduce the latest of many years’ RMA reform juggernauts, a two-bill rewrite aimed at making infrastructural development easier to approve.

At this point, a lie-down

with a cold cloth to the forehead is pretty well essential. If the new version of the RMA does as intended, life could become one long Duco Events grudge-series between it and the NPS-

HPL – with violent ringside heckling from the forestry lobby. The RMA says “dig!”, the NPS-HPL and its NPS mates covering coastal and freshwater management say “no dig!” At which point, each contested application for development will have to be made according to the political expedience of the day – the very thing all these laws and schedules were designed to avoid. ■

Birth of a notion

Philosopher William MacAskill is out to revolutionise how we live. The secret, he believes, is to do good not just for today but for generations to come. **by DANYL MCCLAUCHLAN**

It's original meaning may have got somewhat lost in translation, but these days most people credit French writer Victor Hugo with the phrase "an idea whose time has come".

Hugo, who penned such classics as *Les Misérables* and *The Hunchback of Notre-Dame*, died nearly 140 years ago, but his famous phrase lives on. And although it has been applied to many concepts over the years, it seems particularly apt for a growing movement that started only a decade or so ago.

According to Oxford philosopher William MacAskill, the term "effective altruism" was coined in 2011 by a group of like-minded individuals involved in academia and the charity sector. But it's only in the past few months that the idea has gone mainstream, largely thanks to a new book published by MacAskill, which could yet earn him the title as one of the most influential thinkers of the 21st century.

It was MacAskill's first book, *Doing Good Better*, that helped transform effective altruists from a handful of philosophy students to a movement with thousands of adherents, including billionaires such as Facebook co-founder Dustin Moskovitz and cryptocurrency trader Sam Bankman-Fried. A

New Zealand branch was set up in 2015.

According to the *Economist*, last year alone, effective altruists are estimated to have distributed more than \$1 billion to philanthropic causes.

MacAskill's new book, *What We Owe the Future*, has turbocharged the trend. *Time* magazine recently featured what has become known as the "EA movement"

on its cover, noting that its aim is to "improve the world today – and for generations to come". The *Guardian* has described the book as a "thrilling prescription for humanity", while the *Economist* has a 10-podcast series explaining the concept, and an online guide to EA.

According to the *New York Times*, the book contains three sentences "that could change the world – and your life". For the record, they are: "Future people count. There could be a lot of them. And we can make their lives go better."

MacAskill may be a reluctant prophet, but at the age of 35, he appears to have hit a deep seam of concern that runs through many younger people today: they want to do as much good as possible with their lives.

Most effective altruists are under 40, and many hold advanced degrees from prestigious universities. They



William MacAskill: "Future people count."

At the age of 35, he appears to have hit a deep seam of concern that runs through many younger people today.





often discharge their moral obligations via regular donations to a metacharity, which are organisations that rank charities by effectiveness. (Through the New Zealand branch of Effective Altruism, you can donate to the metacharity GiveWell.)

Others use their jobs to help people. The organisation 80,000 Hours, co-founded by MacAskill, helps people find careers that do optimal good. The movement's most-funded "cause areas" are global health and poverty, followed by animal welfare.

But because effective altruism is obsessed with rationality and uncertainty, its leading thinkers are constantly asking themselves: Are these the best causes? Could we be doing even more good? What if we're like pro-slavery people during the 17th century – perpetuating misery we just can't see?

Increasingly, they worry that by helping people who are alive today, we're harming the people of the future.

This is the subject of MacAskill's new book. And, as is usually the case with

He co-founded an organisation encouraging people to donate 10% of their income to alleviate world poverty.

effective altruism, it quickly takes you somewhere strange.

ACTION NOT INTENTIONS

MacAskill grew up in Glasgow in an upper-middle-class family and attended a private school. It was assumed he'd study medicine, but he was drawn to philosophy and won a scholarship to Oxford.

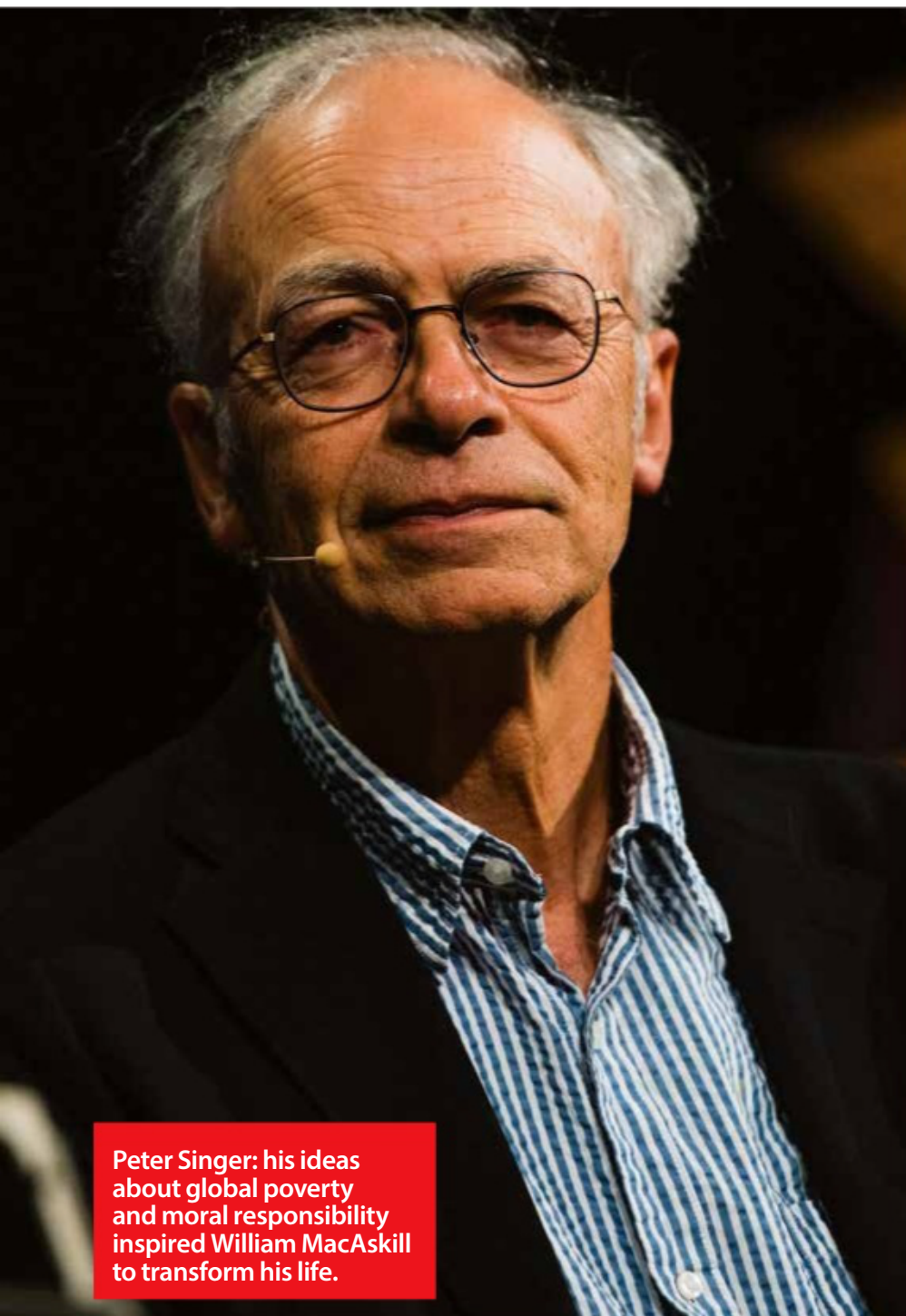
At university, he drifted around left-wing organisations, where he encountered "a lot of talking and a lot of guilt" but very little action. Then he read a famous 1972 essay by Australian philosopher Peter Singer called

Famine, Affluence and Morality. Singer noted that children in the developing world were dying of preventable diseases while people in the affluent West spent money on trivialities. Weren't we morally responsible for those deaths?

The essay inspired MacAskill to transform his life. He adopted an ascetic existence – drinking water at the pub instead of beer, and living off home-baked bread. He pledged to donate most of his modest student stipend, which he supplemented by posing nude for drawing classes, to effective charities.

In 2009, at the age of 22, he co-founded Giving What We Can, an organisation encouraging people to donate 10% of their income to alleviate world poverty. A couple of years later, it helped to coin the name "effective altruism", and the movement took off. A few years after that, MacAskill became the world's youngest associate professor of philosophy when he took a position at Oxford's Lincoln College.

The idea behind effective altruism is that



Peter Singer: his ideas about global poverty and moral responsibility inspired William MacAskill to transform his life.

it's not enough to have good intentions. As the name suggests, if you really want to help people, you have to do so effectively. MacAskill illustrates this with the PlayPump. In the 1990s, an engineer developed a dual-use children's roundabout and manually operated water pump. The thinking was that children in poor villages could pump fresh water as they played. Thousands of PlayPumps were distributed across Africa.

They were a disaster. Rotating the PlayPump was hard work and children didn't like it. So women still had to pump water, but with a humiliating toy instead of a device designed for the purpose. To MacAskill, PlayPumps are a metaphor for many Western interventions in the developing world: well intentioned, but so misguided they can do more harm than good. Effective altruists believe the solution is a relentlessly statistical approach, employing metrics, data and randomised trials to determine the most impactful interventions.

When choosing a cause, effective altruists prize "neglectedness". If a group's interests are ignored by economic or political power structures, working to help them can have a transformational effect. Contrast that with an issue such as climate change. Lots of smart, powerful people worry about climate change, so it's harder to have significant impact.

Popular EA charities include the Against Malaria Foundation, which distributes bed nets treated with insecticide, and which it estimates saves one life for every US\$3000 (\$5000) donated.



Benjamin Lay: a dramatic anti-slavery protester.

A timely heretic

William MacAskill believes the abolition of slavery is one of the best things to happen in human history – but also one of the weirdest. Until the 18th century, the practice of trading human beings was commonplace. By 1700, almost three-quarters of the world's population consisted of enslaved people. And while slaves regarded their condition as evil, and the occasional moralist objected, most religions and political systems supported slavery. It was "good for society", part of the natural order of things.

Then, in the mid-18th century, with the North Atlantic slave trade at its height, a Philadelphia Quaker named Benjamin Lay started taking hollowed-out Bibles filled with red dye into his church. He would stab the Bibles and splatter his fellow congregants with "the blood of slavery". Lay was a hunchback, standing just over four feet (1.2m), with arms as long as his legs. He lay down in the mud outside the church door, forcing people to step on him as he screamed up at them about the agony of the enslaved. Over time, Lay convinced many Quakers that slavery was un-Christian. Abolition became a political movement in the UK and then a global endeavour.

Although the practice of slavery continues in pockets around the world, the ownership of another human is now illegal everywhere. Abolition is sometimes credited to the rise of capitalism, or liberal ideology, or Christian values. But many capitalists, Christians and liberal thinkers supported slavery.

MacAskill thinks abolition was a random accident of history, brought about by the right individuals in the right place at the right time. If you ran the past few centuries over and over again with minor changes, he argues, most versions of the 21st century would still have legal and widespread slavery, and most people would find this good and normal.

The next logical step is to accept that we probably hold moral values today that subsequent generations will regard as abhorrent – the same way we judge those who tolerated slavery.



‘Cautious optimism’

People in the rich West could be giving more, William MacAskill tells ANDREW ANTHONY.

We don't have a great record of predicting the future. But you think we should try.

I give four scenarios for how the future could unfold: exponential growth, business-as-usual, stagnation, and catastrophe. We can prepare for all those things. I agree with having a humbleness about our state of knowledge. But that means preparing for the scarier scenarios, rather than saying, “Oh, we don't know what will happen, so we're just gonna ignore that.”

Let's take engineered pandemics. One partial solution I'm excited about is ultraviolet-C radiation. We know ultraviolet light sterilises surfaces, but harms humans because it causes skin cancer. There's a specific UVC light bulb that seems to be safe for humans, but they cost about US\$1000 (\$1690) each. With R&D and philanthropic funding, maybe we could get it down to US\$10, but US\$1 per bulk. If we can have this as part of building codes, we could dramatically reduce the risk of another pandemic.

That feels very tractable. It's not, “Oh, I'm in a spacesuit in the year 2200” or something.

You say it's better to have children than not. And that it's better to maintain economic growth than slow it.

I think it's a mistake to push for zero

growth. Unless you literally control every country in the world, you will fail. Whereas we could say, “Okay, some technologies have net bad effects, some have net good effects. Let's push the beneficial ones.”

We often need technology to get us out of the situation that we're currently in. That's true for climate change. I think it will be true for risks from biotechnology as well.

I have this cautious optimism about the future. I expect the world in the year 3000 – if we avoid the risks we can avoid – to be considerably better than the world today.

You've founded an organisation that encourages people to give 10% of their earnings. For most people, that seems impossible.

I think that it is possible. I give away everything I earn above post-tax £26,000 [\$50,000] per year. That puts me well into the richest 5% of the world's population. What about the 95% of people poorer than me? They're able to live. People in rich countries could be giving radically more, at very little cost to their wellbeing.

Would you like to see “future appreciation” taught in schools, the same way we teach history?

For sure. It's remarkable that we spend so much time looking to the past and very little time looking at how we could make a better future.

Another is the Schistosomiasis Control Initiative, which treats infection by parasitic worms, a chronic problem among the world's billion poorest people. Or Helen Keller International, which provides vitamin supplements for children in extreme poverty, about 200,000 of whom die of vitamin A deficiency every year. None are as much

MacAskill wants us to consider that we might be living at the beginning of human history, not near the end.

fun or as interesting as PlayPumps or many causes hyped by politicians and celebrities. But they make a measurable, and meaningful, difference.

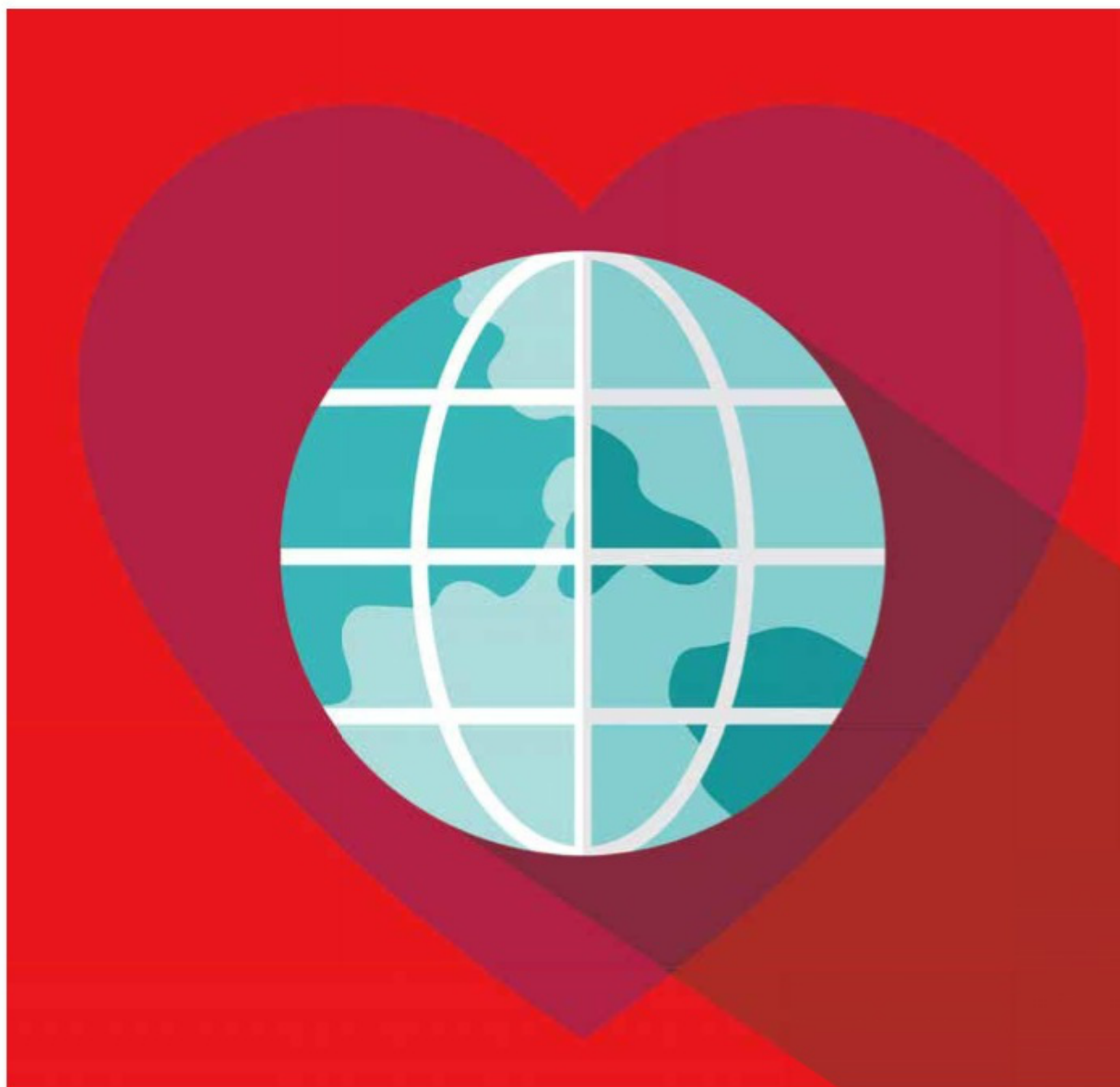
LONG-TERM COMMITMENT

Over the past decade, MacAskill began to think seriously about how he could best help not just humans of today, but those who will live in the future. He wants us to consider that we might be living at the beginning of human history, not near the end.

After all, modern humans have been around for about 300,000 years, but the average mammalian species lasts about a million years. If we follow suit, most humans who will ever live have not yet been born. Perhaps our technological mastery could allow us to inhabit the Earth for hundreds of millions of years.

Humanity has obviously demonstrated the capacity to terminate the possibility of those lives, via nuclear war, human-made climate change or a bioengineered pandemic. So, MacAskill asks, what are our moral obligations towards that vast number of potential future humans? Shouldn't we be doing everything possible to ensure their existence?

Philosophers who prioritise the moral value of future lives call themselves longtermists. When MacAskill first heard their arguments, he was sceptical. Two major longtermist preoccupations are artificial intelligence and pandemics, which he didn't rate highly when he encountered them in the 2010s. Since then, these problems have moved



to the centre of our lives, and MacAskill has become a longtermism evangelist.

The current pandemic only intensified longtermists' fears about deadly viruses, because it exposed how unprepared we are for a virus that isn't an existential risk. Covid-19 is unlikely to kill everyone who is currently alive, and therefore everyone in the future. But the next virus might.

And they fear the next one could be engineered to be more deadly. "Could someone design a pathogen with maximum destructive power – something with the lethality of Ebola and the contagiousness of measles?" MacAskill writes. He is concerned about the increasing sophistication of gene-editing technologies that biologists use to modify existing organisms or customise new ones.

You can already buy CRISPR Cas9 kits online and modify bacterial DNA in your kitchen. It requires more skill and better equipment to manufacture a deadly viral agent, but it would take only one malevolent or careless person to unleash a designer pathogen on the planet. MacAskill's Oxford colleague, Australian philosopher Toby Ord, puts the risk of human extinction this century from engineered pandemics at around 3%.

Effective altruists prefer problems that are "tractable", by which they mean

solvable. The good news is that they consider deadly pandemics a very tractable problem.

Many countries use wastewater testing to detect Covid. Why not have a global system of wastewater testing for new pathogens? Then we could detect outbreaks before they become uncontrollable.

They're also enthusiastic about new vaccine technologies and methods to speed up clinical trials and therapeutic drugs. And they want better systems of oversight for gene-editing, before someone accidentally kills everyone.

EXISTENTIAL RISK

Artificial intelligence once divided effective altruists. Does it threaten humanity, or are some people just watching too much sci-fi? But rapid advances in machine learning have convinced most leading EA thinkers, MacAskill included, that AI is an existential risk.

Most of us interact with weak forms of AI. Google's search algorithm ranks web pages; Netflix's algorithm recommends shows; trading algorithms perform most financial transactions.

There are far more sophisticated models, such as AlphaZero, the DeepMind AI that learnt to play chess at superhuman levels within 24 hours. What happens when

there's an AlphaZero for something scarier than chess?

That suggests some kind of Terminator scenario, but longtermists are far more worried about the paperclip maximiser. This is a superintelligent AI programmed to make a consumer product – such as paperclips – as quickly and cheaply as possible.

Philosopher Toby Ord puts the risk of human extinction this century from engineered pandemics at around 3%.

First, it creates millions of copies of itself and takes over the world's industrial infrastructure, because that is an efficient way to produce paperclips. It prevents itself from being disabled, because if it is switched off it cannot make paperclips. It then transforms everything on the planet, including us, into paperclips – not because it has turned against us or even understands that humans exist, but because we're made of atoms that can be turned into paperclips, which is what it's been instructed to do.

How do you create agents of greater-than-human intelligence while keeping their goals compatible with those of their creators? When longtermists warned about these problems 10 years ago, no one took them seriously. Now it's a rapidly expanding area of machine-learning research.

Most of us, of course, don't have time to worry about being turned into paperclips. Our concerns are more immediate. Climate. War. The cost of living. The mortgage. And this cuts to a tension at the heart of effective altruism. Its emphasis on "neglectedness" encourages an obsession with novelty. But as its causes get more abstract, it risks becoming less likely to inspire people to orient their lives around giving.

UNAFRAID TO BE WEIRD

Effective altruists know their ideas sound weird. They see this as a good thing: people once thought slavery opponent Benjamin Lay sounded weird, too (see "A timely heretic", page 19).

"We need morally motivated heretics who are able to endure ridicule from those



Serving with impact

Kiwi tennis star Marcus Daniell took the ideas of effective altruism into the world of international sport.

Most effective altruists have a conversion story – a revelatory moment when they stumble across the holy texts of well-known philosophers such as William MacAskill or Peter Singer and see the light. Masterton-born tennis player Marcus Daniell's came in 2014, "the first year I actually made money from playing tennis".

Tennis, he explains, is quite an expensive sport, even at the lower levels, given that it involves lots of travel and accommodation costs, and coaches don't come cheap. "The prize money at the lower levels is a bit ridiculous, so you're just struggling to make ends meet; 2014 was the first year where I actually finished the year in the black. It was the first time I ever felt a sense of financial security," says Daniell, a doubles specialist who reached a career highlight when he won a bronze medal at the 2020 Olympic Games.

Despite his years of struggling, he felt a strong urge to "balance the scales" once

his efforts began to pay off. "Because sport is a very selfish endeavour. Necessarily so – it's all about pushing yourself ahead of the people around you. And that never sat perfectly with who I wanted to be off the tennis court."

He began by pledging to give 1% of his income to charity. But when Covid hit in 2020, he found himself re-examining his priorities.

"I had more time to think about the legacy I wanted to leave or the impact I wanted to have on the world. And I realised that if I truly wanted to make the most impact that I could, then I had to use this tool of having a small platform and a voice."

The result is High Impact Athletes, a charity with a mission to promote effective giving among professional sports players, and from there to fans. As founder and executive director, Daniell remains heavily involved, although Black Sticks hockey player Hugo Inglis, a triple Olympian, now runs the charity as its

managing director.

Daniell's wife Caroline, a lawyer who is currently pursuing her PhD, and his brother Josh, a tech entrepreneur, are also listed as advisers (along with the family dog, Charley, who is "chief enthusiasm officer"). High-profile donors include

"It was like a light bulb went off in my head. Two of the four pillars on how to make an impact were directly applicable to me."

Stefanos Tsitsipas, frequently ranked in the world's top five male tennis players, and former World Boxing Organisation heavyweight champion Joseph Parker.

In two years, they've raised about \$630,000, which goes directly to charities



Marcus Daniell: "Sport is a very selfish endeavour ... That never sat perfectly with who I wanted to be off the tennis court."

heavily scrutinised to ensure they are maximising their impact. Most are focused on global health and poverty, climate change and animal welfare, although the organisation is also considering adding mental health. "It's been requested by a lot of athletes," says Daniell, who notes that depression is also a huge problem in populations living in extreme poverty.

He admits he started out by googling "how to give back best", which led him to MacAskill's organisation, 80,000 Hours.

The number 80,000 has an almost mythical significance in EA circles – it's the approximate amount of time most of us will dedicate to our careers. Effective altruists want to make those hours count.

"It was like a light bulb went off in my head," says Daniell. "Two of the four pillars that they suggested on how to make an impact were directly applicable to me: earning to give, and advocacy.

"If I became better at tennis, I could earn more money and give more. And if I became better at tennis, I would get a bit

more of a profile and I could leverage that to speak a bit more about these ideas of giving effectively to more people."

Heavily influenced by Singer, who is also on his advisory board, Daniell directs the bulk of his personal donations to animal suffering. And these days, he has upped his giving to 10% of his income.

In 2021, he received the Arthur Ashe award, an international prize for humanitarianism in sports, previously won by such tennis greats as Andre Agassi, Novak Djokovic, Roger Federer and Rafael Nadal.

In his new book, MacAskill points to Daniell as an example of how people who aren't philosophers or billionaires can leverage their unique opportunities to benefit others.

However, Daniell says he does have reservations about the movement's turn towards longtermism.

"I'm definitely not drawn to it in the same way I am to present-day problems."

who wish to preserve the status quo," MacAskill writes.

Weirdness helps explain why climate change isn't a major focus for effective altruists. There are some effective climate charities, and they're as counterintuitive and data-focused as you'd expect. They're buying equatorial rainforest to prevent logging and placing the land in trust for indigenous inhabitants; or providing

"We need morally motivated heretics able to endure ridicule from those who wish to preserve the status quo."

fuel-efficient cookstoves in sub-Saharan Africa; or investing in carbon capture and synthetic meat technologies. But effective altruists pore over Intergovernmental Panel on Climate Change reports the way ordinary people read airport thrillers, and they've concluded the likelihood of an extinction-level scenario is very low.

Which is one reason MacAskill wants you to have children. As a teenager in Glasgow, he used to go "building": clambering over urban buildings. One night, he fell through a skylight. By pure chance, the glass that punctured his side missed all his internal organs.

"Dying that evening would have prevented all the rest of that life I would have lived," he writes. He thinks humanity today is like a teenager, dramatically discounting the value of lives to come.

MacAskill doesn't plan on having children himself and doesn't think society should scold those who make that choice. But the logic of longtermism holds that human life is an innate good if people's happiness outweighs their suffering.

"With a sufficiently good upbringing, having a chance to experience this world is a benefit to those that get it," he writes in the book. And so on, hopefully, for trillions of lives.

It's an optimistic vision haunted by the possibility of apocalypse. On a planet of eight billion people, our lives might not seem terribly meaningful, but MacAskill believes the values we adopt and the choices we make will prove to be of cosmic significance. ■

Calm under fire

As she leaves *Morning Report* for a new role at RNZ, Susie Ferguson reflects on stress, menopause and being stern with politicians.

by MICHELE HEWITSON • photograph by HAGEN HOPKINS

Sometimes, in a taxi, say, people will say to Susie Ferguson after hearing her voice: “Do I know you from somewhere?” Or, “Have we met before?”

She is on the other end of the phone from Wellington. I know her, or think I do, from somewhere. We have, after all, met before, most mornings, via the wireless, where she has been for eight and a half years, the calm, crisp, Scottish-accented co-host on RNZ National’s *Morning Report*.

The relationships we have with those voices on the wireless are weird, really. We do know what the face behind the voice looks like these

“I’m probably a friend and an enemy of all politicians of all stripes at various times.”

days, but they are, as she says, different from the relationships we have, or think we have, with the faces on the telly.

A voice on the radio is disembodied, as is one on the phone. It’s funny, I say, hearing her off the radio. That she sounds, surprise, just like her. “People tell me that,” she says. Her wit is as crisp as her radio persona.

Our interview did not get off to the most auspicious of starts. This was entirely my fault. I had pushed some muting button on my phone, so I couldn’t hear her.

“Hello. Hello. Hello,” I shouted.

I un-pushed the button. “Can you hear me?” She said, calmly, “I can.”

This was akin to a parody of a sober and sensible RNZ interview gone awry. Her interviews seldom go awry. I was flapped. She wasn’t.

It is her job to be unflappable. It is also, you suspect, pretty much her nature.

On Friday, October 7, she leaves *Morning Report*. There will undoubtedly be some sort of marking of the occasion on air, including some gentle RNZ-style ribbing. Unflappable? Just don’t mention the rats. Once, she and co-host Corin Dann were talking about rats on air and “people were texting with all their stories about rats. There had been reports of rats coming up through drains. Horrible. And we started getting all these amazing rat stories. And I think that is the only time I just completely lost it.”

She was reduced, she says, to “a quivering, sort of squeaking” wreck. That is an interesting image: the sober and sensible Susie Ferguson as a hysterical, giggling rat.

There was the time she had been chasing an interview in the UK all morning. “Finally, at about three minutes to nine, we got him live on the phone. And at this point ... you’re coming up to the news and the pips at nine. You can’t run over the pips because that’s the cardinal sin. I started asking the first question, and that’s fine. And then I start asking the second question and I start hearing these dogs barking in the background. And he can’t hear me over the dogs.” Then the geezer asks her to hang on a minute. The dogs are barking because somebody is at his door and he has

Susie Ferguson and dog Rainbow: “People probably think I’m quite serious.”





to go and answer the door. “And you can hear in the background him answering the door. And I think you can hear him saying something along the lines of, ‘I’m doing an interview.’ And I’m thinking, ‘No, you’re not.’ It’s about a minute till the top of the hour ... and we start laughing. I very nearly started corpsing on air.”

Ferguson likes the relative anonymity of radio. She originally planned to work in the dramatic arts. She did a three-year degree at the Royal Central School of Speech and Drama in London. It is telling that she had no ambition to be on a stage. She wanted to direct until she found out that there is seldom a dime to be made in drama. She switched to a journalism degree. She is pragmatic.

She is at home behind a microphone. She hopes to make more podcasts. Her first, “Unthinkable”, about the death of the baby of friends, won the gold award for Personal Lives Podcast at the New York Festivals Radio Awards last year.

She will remain at RNZ National in a new role created for her as senior presenter and journalist. She thinks her time on *Morning Report* is about up. Her new job won’t involve getting up at 4am on the days she works in the studio. She works from home three days a week. She has been whacked hard by perimenopause, which is one reason for wanting to take on another role. “You know, some people sail through it ... and other people just get smashed.”

There is another reason. “I don’t necessarily believe in the job for life. So I think once you’ve done something for eight and a half years, [that’s] a decent crack, and it’s maybe someone else’s time.”

To be a Morning Reporter is to be a chameleon of sorts. You fit into the tone of whatever the story is. I reckon you can hear her smile, or frown, without ever having seen her do either. The job is part performance. She can be stern, when being stern is required.

One aspect of her life that incurs steely sternness is being nosy about her family. As it happened, her mother had been in touch with me about some orchid plants, and I took the opportunity to ask for some funny Susie stories. I thought I’d better let Ferguson know, after which I

got a right flea in my ear from the RNZ publicist. When I tell Ferguson this, she says, “Good.” So, no funny Susie stories for us, then.

She grew up in Edinburgh – she gets messages from a serial complainer about her pronunciation of Edinburgh, which she finds amusing. She found the city parochially oppressive, like its weather. It was a place, she has said,



where you were asked where you went to school and judged by the answer.

Where did she go to school? “I went to St George’s.”

Is that a posh school? “It’s a private all-girls school.”

So, posh. “You want to call it that.”

Is she posh? “I don’t know. I might be – what do you think?”

“We’re an organisation that tells stories. How about we tell our own? How about we just tell people the truth?”

I’m not keen to offer an opinion, as I still have that flea in my ear.

She has a husband and two kids. Her husband “is not super keen about me talking about him and I’m not super keen talking about my personal relationships. Really, I mean, I’m not an elected official.”

She is as open about her health woes as she is closed about her family. There is the

perimenopause. In 2017, she announced she would be taking six weeks leave for a hysterectomy to end the chronic pain from endometriosis she had suffered since her teens.

She decided to speak publicly for a few reasons, she says. “I was going to be off for six weeks – there can be speculation.” And, “we’re an organisation that tells stories. How about we tell our own? How about we just tell people the truth? If I was having surgery on my shoulder, I’d have said I was having surgery on my shoulder.”

She also suffers from post-traumatic stress disorder, a legacy of her time as a war correspondent. In Iraq, in 2003, the vehicle she was in was shot at and had stones hurled at it. There was fear of the then-purported weapons of mass destruction. She did further stints in Kuwait, Afghanistan and other war zones; she reported on Sri Lanka after the tsunami and an earthquake in Pakistan.

Oddly, she experiences no anxiety at juggling the reporting of major news events: “The big earthquake, the natural

disaster, ... that doesn’t faze me. I stay very calm. I’m able to talk my way through it and, hopefully, make sense. I can process information – I suppose that’s my super power. But if I get stuck in traffic, and I’m going to an appointment and going to be late, then I find that quite stressful.”

Ferguson had become an accidental war correspondent. Does she know why journalists want to report on wars? “No. I think it’s probably because it’s exciting. But I remember a soldier once saying to me that war was 95% waiting around and 5% shitting yourself. And that’s quite a good barometer.”

She and her husband came to New Zealand for a break from her accidental adventures. There were family connections. The Fergusons emigrated from Scotland in the 1860s and landed up in Gore, possibly best known for that distinctive Scottish burr. Her grandfather taught at the University of Otago. He and his wife and their two sons, one of whom is her father, returned to Scotland when the kids were young.

New Zealand would provide a safe and happy haven for a new generation of



"It's not my programme or our programme." Ferguson, above, with 2014-19 co-host Guyon Espiner. Left, the drama student Ferguson rehearsing a play.

Fergusons: she and her then-new husband settled here in 2009.

So, safe and happy, but she doesn't think PTSD ever completely goes away. Over the years, she has taken anti-anxiety and anti-depression medication. She does yoga, which she finds helpful. She walks her dog, a schnoodle named Rainbow. I imagined she got some strange looks when she called "Here, Rainbow. Good dog," at the park. She said, crisply: "People tend to think it is quite a nice name."

It is not her job to be thought to be nice, or, conversely, nasty. It is not her job to be liked or disliked. The Spinoff's Duncan Greive wrote of her interview with opposition leader Christopher Luxon – after Luxon was pinged for posting on his social media account that he was in Te Kuiti when he was actually in Hawai'i – that her grilling of him was disproportionate to the scale of the alleged crime. She says, "I'm probably a friend and an enemy of all politicians of all stripes at various times."

She feels no sense of ownership of the chair she occupies five mornings a week. "I was actually talking about this with Corin this morning – that it's not my

programme or our programme." They just happen to be the current guardians, and their role is simple: "Asking questions that, hopefully, New Zealanders want to get the answers to. Personalities perhaps come and go."

But it kind of is their show, isn't it? There is certainly a perception that RNZ has become more personality driven in recent

"The big earthquake, that doesn't faze me. But if I get stuck in traffic, I find that quite stressful."

years. "I don't know about personality driven. I mean, there are certainly high-profile people who are on RNZ... I think, inevitably, as you get people who've been on the TV, they do have perhaps a bigger name recognition.

"When I started my career [in the UK], it was much more that you stayed in print or in broadcasting, whereas here there's

much more movement – which is actually, I think, a real plus for the industry here."

Iwonder what you can tell about her from her on-air personality. "I don't know. The feedback will tell me that I'm everything under the sun. *Morning Report* is a serious programme. The news is not usually cheerful, uplifting, positive stories wall-to-wall. So, people probably think I'm quite serious. And they maybe think I like detail. That's one side. And sometimes you get to do something that's a bit more fun. You can have a bit more of a laugh with it."

I still couldn't make up my mind whether she was posh or not. A bit, maybe. Or what you can tell about her from listening on the radio. I decided to employ a scientifically reliable character test. People are said to be like their dogs. I investigated what schnoodles are like, and they are "charming, funny and smart, and their alert nature makes them excellent watchdogs. They typically have a curly coat that must be clipped regularly."

Other than describing them as "charming, in their stern fashion", that'll about do. ■



GETTY IMAGES

Hell & damnation

Author and journalist Lionel Shriver makes her living out of sharing her often-provocative opinions. And in a new non-fiction collection, she's included some that brought her a load of grief. **by MARK BROATCH**

Lionel Shriver: "Coercive legislation to secure clean waterways, breathable air and sustainable fishing practices seems good and necessary, but unlibertarian."

The essays in Lionel Shriver's new collection of non-fiction, *Abominations*, were chosen with clear criteria. "These pieces have stuck in my mind; they continue to pertain to the present; I can still stand to read them." Three were chosen for another reason. "After publication, they brought hell and damnation down on my head."

Shriver is best known for *We Need to Talk about Kevin*, her Orange Prize-winning tale of an ambivalent mother whose teenaged son goes on to barbarically murder rooms full of people, but many of her readers – she's written 18 works of fiction – may also not be aware that she's written opinion pieces for decades, often provocative ones.

She writes: "From the start, I especially relished supporting points of view that were underexpressed, unpopular or downright dangerous." In the book, its essays mostly chosen from the past decade, she wades in on many of the cultural flashpoints of the 21st century: identity politics, cultural appropriation, free speech and religion, but also on matters of the heart such as the death of her brother, and more whimsical subjects, such as her "philological conservative" views about language, being a tag-along at Cannes, flat-pack furniture.

The real problem, she tells the *Listener* over a video call from New York, where she travels for most summers from her home in London, visiting friends and playing "mediocre at best" tennis, is that her essentially libertarian views are out of kilter with the overwhelmingly left-liberal view of most fiction writers and certainly book publishing as a whole. In the literary world, Shriver is considered an iconoclast, a troublemaker, the "Cassandra of American letters". In person, she is serious and thoughtful, her speech after living in the UK for nearly 35 years a mixture of "iss-yoo" and "gob" as well as words like "yammer", but she also laughs like a drain.

Anyway, it's too late for regrets, she says. "The fact that Shriver supported Brexit, dislikes affirmative action, opposes lockdowns for the suppression of disease, abhors soaring national debts, defends free speech even when people use it to say something unpleasant, and resists uncontrolled mass immigration is already lodged in the public record." Yet she is also pro-choice, pro-vaccine, and endorses same-sex marriage. She opposes school prayer, is outraged by the abuse of police powers, and disapproves of subsidies to big business. If she could, she would decriminalise prostitution, recreational drug use and assisted suicide. She is sceptical of foreign military interventions. She cried when Donald Trump was voted in.

"During the nine months of the year I live in London, I'm regarded as an arch-conservative nut. When I fly home to the United States, I transform, mid-Atlantic, to a leftish radical – with the same opinions." The labels of right and left are no longer fit for purpose, she says. "Especially now that the left has become so authoritarian and only the right is

Shriver bons mots

ON FREE SPEECH

“People who would hamper free speech always make the mistake of assuming that they are designing a world in which only their enemies will be forced to shut up.”

ON GIVING OFFENCE

“Given that the better part of the human race is crazy, stupid, or both, there’s nary a thought in the world whose airing won’t offend somebody.”

ON CHARACTER

“Though as a fiction writer I capitalise on the conceit that people are capable of transformation, I don’t really believe we can be born again. In real life, I find character depressingly constant.”

ON MORALITY OF THE NOVEL

“Fiction is under no obligation to reflect any particular reality, pursue social justice, or push a laudable political agenda.”

ON RELIGION:

“I do not understand religious faith ... Religion represents to me an earlier evolutionary stage.”

ON PROBLEMATIC ARTISTS

“I am a cultural materialist. I want the stuff.”

ON GRAMMAR

“Put it on my tombstone: SHE BATTLED COMMA SPLICE.”

defending free speech.”

The truth is, Shriver never intended to be a pundit. She turned to journalism to boost her “meagre” earnings as a novelist in the early days of her writing career. But it turned out she was spectacularly good at expressing her opinions – and from the get-go, they were every editor’s dream: forthright, principled, often contrary to mainstream mores.

Shriver, 65, the tomboy daughter of religious, liberal parents in North Carolina who changed her birth name of Margaret Ann at 15, got her start speaking and writing about the Troubles while living in Belfast for a decade, and soon found regular work as a columnist, since 2017 at the *Spectator*. She quickly found she enjoyed it, building up skills such as discipline, fairness, accuracy, and learning not to “faff about”. She now calls herself a socially liberal economic conservative. She’s aware that “my opinions often lie several bricks wide of the Overton window” and may have scared off some of her novel readers.

CULTURAL APPROPRIATION

Arguably, it’s her views on “cultural appropriation” that have got her into the hottest water, that being prohibited from drawing from experience beyond her own – typically race, sexuality, gender – places untenable demands on fiction writers in particular and artists in general. A speech she gave to the Brisbane Writers Festival in 2016 on the subject went viral. She won support for her view, but also criticism that her argument avoided real issues such as a lack of representation. Has her opinion on the topic become more nuanced?

“It probably hasn’t. I’ve only hardened on that point. One of the dismaying aspects of the speech I gave in Brisbane was that, when I wrote it, I had a hard time finding any examples of writers getting into trouble in fiction for cultural appropriation. It really hadn’t happened yet. Now it has. I still feel very strongly that there should be no limit on what you can write about and describe and observe. That’s good for artistic life and that’s also good for the arts consumer,” she says. “The arts consumer is perfectly within their rights to say, ‘You know, I found those black characters completely unpersuasive, I don’t want to read this book.’ Fine. But don’t make the poor writer unemployable.”

Authors are allowed to make mistakes,

write lousy sentences, create unpersuasive characters, have untidy plots. “This is an odd thing for a fiction writer to say, but we’re in danger of taking writing too seriously. I don’t believe words are violence. Words are the very opposite of violence; they cannot hurt you.”

We wouldn’t have a library of masterpieces, she says, in which authors imagined being a different sex, race, disabled, gay. “I would argue that any story you can make yours is yours to tell, and that trying to push the boundaries of the author’s personal experience is part of a

“I still feel very strongly that there should be no limit on what you can write about and describe and observe.”

fiction writer’s job.” Fiction writers are by nature “prying, voyeuristic, kleptomaniacal, presumptuous”. In the end, “it’s still about what we can get away with – what we can put over on our readers. Because the ultimate endpoint of keeping our mitts off experience that doesn’t belong to us is that there is no fiction.” She would be allowed to write only about straight white females with bad knees who were born in North Carolina. “All that’s left is memoir.”

You can’t win anyway, Shriver says. She has also been upbraided for failing to depict a cast of characters sufficiently diverse. But yes, she is now more anxious about depicting experiences outside her own. “We should get a few points for trying. After all, most fiction sucks.”

BREXIT SUPPORTER

Shriver was a vocal supporter of Brexit. Given the many problems now plaguing the British economy, does she still back it? “I still support it in theory. I said from the beginning that I could be wrong – which I never heard a Remainer say.”

The Tory government hasn’t taken much advantage of being outside the EU, she says. “Most EU laws are still on the books; most companies are still obliged to obey EU regulations. The immigration situation was bound to be a big disappointment to core Brexiteers because I already knew that the primary pressure on the UK was from outside the EU. I always expected the country to take a short-term economic hit.” But the euro

is in “huge trouble”, she says. “If, in 10 to 20 years, the results are clearly dire, I would be the first to accept that, and that I was wrong.”

One thing she won’t be backing down on is her view of the Covid-19 lockdowns, which she thinks didn’t work. “I was horrified. It has changed the nature of so-called liberal democracy forever, because we now know that all of our rights are no such thing. They are privileges that can be withdrawn literally overnight. And they will never be the same again. And I will never trust government to the extent that I did, which wasn’t very much before the pandemic.”

A SPACE FOR NUANCE

Shriver is open to criticism, good argument, nuance. The truth is, few libertarians are purist, she says, including herself. Seat belts and gun control are good, and she’s in favour of reasonable minimum wages, outlawing racial discrimination in employment, and single-payer health systems. Without allowing for qualifications, she says, any standpoint moves swiftly from pragmatism to dogma.

Do parents have a right to not vaccinate their children against measles? No, she says, because vaccine refuseniks infringe on the rights of their neighbours’ children. Individual rights can conflict with collective rights. “Coercive legislation to secure clean waterways, breathable air and sustainable fishing practices seems good and necessary, but unlibertarian. Climate change is unlikely to be sorted out by the free market.” Libertarians ought to believe that anyone should be free to live anywhere. “But in a crowded, mobile world of grossly disparate opportunities, open borders for wealthier countries are impractical.” The left used to be against large-scale immigration, she says.

She finds it strange she is out of step with many of her peers. “It doesn’t make any sense that all fiction writers should be all of the same political persuasion. There’s nothing about making up stories that would consign you to either liberal or conservative. It’s not creative, it’s conformist. I now feel a weird kind of responsibility to introduce real diversity in publishing: diversity of viewpoint. I mean, everyone isn’t wildly left-wing. I had one character



Shriver: “I would argue that any story you can make yours is yours to tell.”

minister who became an academic and president of the Union Theological Seminary, and her mother, Peggy, was a church administrator.

“My father and I are both preachers of a sort...” she says. “I just hope my sermons are candy-coated. I tell a pretty good yarn in my novels, and I’m no Presbyterian killjoy.” Besides, fiction and religion are alike in some ways, she says, in examining difficult moral choices, what constitutes a good life, the consequences of actions.

She simply has an aversion to orthodoxy, left or right. “I don’t like being told what to do, what to write, or what to think.” She thinks the left’s embrace of what she calls “gotcha hypersensitivity” inevitably invites backlash. “Trump appeals to people who have had it up to their eyeballs with being told what they can and cannot say.” They lash out in defiance, and can say pretty appalling things, she says.

in my last book who voted for Brexit.

Surely fiction readers who voted for Brexit should occasionally recognise themselves in the cast of a novel.”

A downside of writing regular columns, now that she needs the money less, is the sacrifice of time. It takes twice as long to write a book. But she still feels incredibly

She’s worried about China invading Taiwan, and about Ukraine. “I’m worried Russia’s going to get away with it.”

lucky. “My editor at the *Spectator* keeps running my columns. I’m virtually never censored. HarperCollins doesn’t tell me what I can write about in non-fiction.”

Despite several attempts, she has never been cancelled – “you wouldn’t be seen talking to me” – but she doesn’t doubt it happens.

It’s not too surprising that Shriver took to the art of persuasion so avidly. Her father, Donald, was a Presbyterian

LOOKING AHEAD

The world seems on something of a precipice. Covid’s still around, Trump may return, there’s high inflation, climate change heatwaves, Ukraine. But then, the US has passed a massive climate bill, malaria vaccines are being tested. What are Shriver’s Cassandra instincts about the future?

“Obviously, it makes sense to be especially upset about excessive worldwide debt, and the subsequent rampant money printing. And that also connects with my exasperation over lockdowns because that put excessive money printing into overdrive.”

She’s worried about China invading Taiwan, and about Ukraine. “I’m worried Russia’s going to get away with it.” And that the energy situation could have a catastrophic effect on the European economies and the wider world. “I am more worried about the instability created by any potential economic collapse than I am about climate change.” ■

Abominations: Selected essays from a career of courting self-destruction, by Lionel Shriver (*The Borough Press*, \$35)

MARK KOHN

‘What has happened to us?’

On September 26, all government vaccine mandates will end. For some workers, it is a historic decision that leaves deeply painful scars, writes teacher LISA WILLS.

Early in 2020, reports emerged of a virus in China. The news showed images of people in the city of Wuhan having their doors welded shut, and people here started wearing masks in the supermarket.

Because I have rheumatoid arthritis, I also decided to wear a mask. It felt strange and sort of exciting, like we were in a science-fiction movie.

There were reports of people dying in Italy and New York, and pictures of body bags. But on Facebook, some epidemiologists were saying they didn't believe the virus was as serious as was being portrayed. It sowed the seeds of doubt for me.

During lockdown, we were told we'd be fined if we tried to drive anywhere other than the supermarket, or if we talked to the neighbours. After seven weeks, we were let out, as long as we promised to use weapons-grade hand wash.

There was a lot of new language being used: lockdowns, alert levels, places of interest, close contacts and social distancing. Living with this level of fear seemed insane. Then I read an article by Australian economist Gigi Foster that questioned whether the costs were worth the benefits. I agreed with her.

In February 2021, vaccines became available in New Zealand. I went out for dinner with some women who had rheumatoid arthritis, and all they talked about was how scared they were. I

couldn't wait to get home.

I started to do research online, and decided not enough was known about the long-term effects of the vaccines. People with an autoimmune disorder had not been included in the Pfizer trials. Then in July, I saw a Ministry of Education bulletin to schools encouraging staff to get vaccinated. My heart sank, as I knew that mandates were likely to be imposed. That leaden ball of dread stayed in my gut for months.

Every ad break on TV or radio pushed vaccination, and it was hard not to think of George Orwell's 1984. Hilary Barry did an item on TVNZ 1's *Seven Sharp* about what to do if an unvaccinated friend came over for dinner. She suggested a tent outside, and finished by saying, "As if I would even have unvaccinated friends." It made me understand how painful discrimination is, and how powerless you feel.

I became aware of Voices for Freedom and signed up. They were doing webinars and interviews with people about Covid, but this was called "misinformation" by the media. Then my kids came home from school one day and excitedly told me kids were being paid \$50 to be vaccinated. I was stunned. I wrote to the principal and the board and asked if I could speak at a board meeting. They agreed, but later told me they had changed their minds.

On the day of my birthday, the government announced all healthcare and education workers would lose their jobs if



An anti-mandate protester during a rally in Auckland Domain in October 2021, one of many protests held around the country in opposition to the government's measures against Covid-19.

they were not vaccinated. Happy birthday to me! I knew the real reason for the mandates was to get people to become vaccinated, and I cried for the next three days as I knew I couldn't do it. I was being thrown on the scrapheap after an 18-year career.

Every time I had a great lesson at work, it was like a slap in the face, so when the government decided to allow exemptions, I immediately made an appointment with



my GP. He lectured me for a long time, but eventually decided to give me an exemption “for anxiety”. I left feeling elated, but when I got home, there was a message saying the government had revoked the new exemption criteria. It felt like a kick in the guts.

When a protest march was organised in Wellington, my husband and I, and some of

our family, went along. It was such a relief to feel the instant connection that springs from shared experience. Afterwards, we joined the loud, colourful crush of people making their way home from the march, but on the way, we heard there had been a bad accident and four protesters had died. I felt so sad and planted a mānuka in the garden for them.

I stopped watching the official 1pm broadcasts, but I heard that phrases such

as “a pandemic of the unvaccinated” were used. It felt horrendous to be vilified and victimised in this way. Prime Minister Jacinda Ardern had told people to be kind, but this didn’t seem to include being kind to the unvaccinated.

My last day at work finally arrived and I cooked delicious things for a morning-tea shout. But after they heard my speech, and ate my baking, some left without saying goodbye. I stayed behind in the staffroom

to clean up, and the principal came back in. She told me she could hear me crying from the corridor, and gave me a big hug.

Once vaccine passports were introduced, we couldn't fly; go to restaurants, bars or hairdressers; or access various health services and community facilities. After going to my hairdresser for 15 years, there was no support from her at all. It's not the end of the world to have your hair revert to its natural colour, but every experience like this still hurt.

It's a strange feeling knowing there are places you cannot access. The kids were unable to play football or go on a school camp.

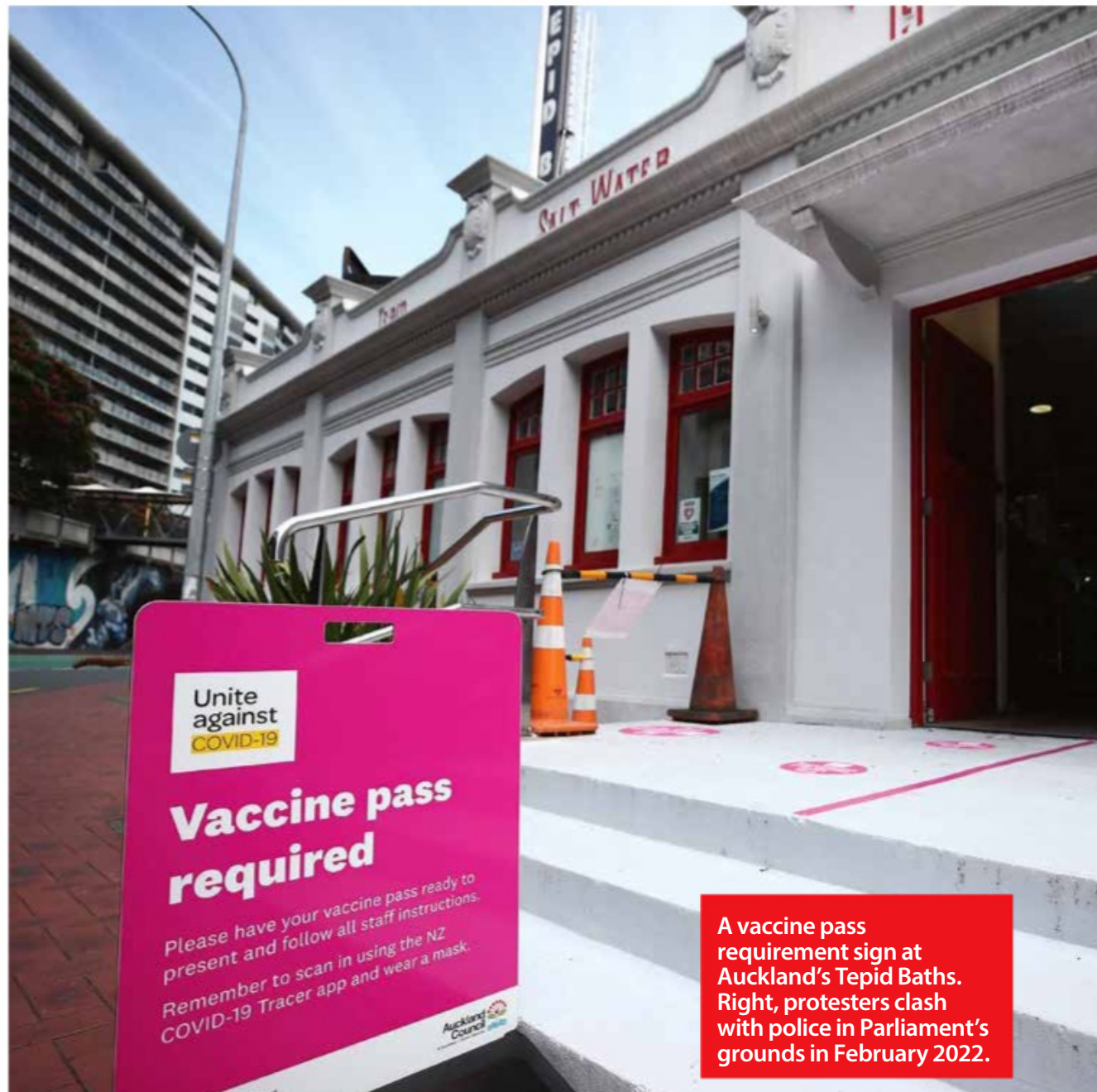
It's a strange feeling knowing there are places and services you cannot access. The kids were unable to get a driver's licence, play football, or go on a school camp. A friend's eight-year-old daughter was unable to go to Brownies. This made me feel sick. The list of things unvaccinated people weren't able to do was growing, as everybody was jumping on the bandwagon.

Two of my three siblings decided not to get the vaccine. However, my other sister was pro-vaccine, which created some issues. We had no physical contact with her for several months, weren't part of her 70th birthday celebrations, and didn't see her at Christmas.

I heard of some awful family rifts. It was a New Zealand we hadn't encountered since the Springbok tour, but I was lucky to have some sympathetic friends. The sister of one of them had severe, ongoing vertigo after the vaccine. I also had friends who didn't want to have the shot but for financial reasons had to. Every time I saw the gleeful reporting of the vaccine statistics, I would think about them.

A friend who was happy to be vaccinated but supportive of my decision told me her father had been a conscientious objector in World War II and, to her, it felt like there were some similarities in the discrimination.

Some people were not allowed to be with their dying parents. A UK news show named Jacinda Ardern "Plank of the Week" because of all the freedoms she was



restricting. The outside world seemed to think New Zealand's stance was absurd, but at home, it was fearful paranoia at every turn.

My 87-year-old mother went into a rest home in June 2020. Because we were unvaccinated, we had to see her in a cordoned-off area, and wear PPE gear. I was told I couldn't hold her hand, or see her in her room, but the rules kept changing.

One day, when we were able to take Mum to the park, my daughter and I hugged and kissed her with impunity. Months later, she eventually got a mild case of Covid and was confined to her room for 10 days. Finally, at the end of May, with Covid rampant in Mum's area of the rest home and even a few deaths, we were allowed to see her in her room. Nothing made sense.

The second protest in Wellington unfolded much the same as the first one, but for me it was the first taste of what vax passports were really like. We tried to buy food and nobody would serve us. It felt horrible.

We ended up buying kebabs. The

Turkish man who served us told us he was a Kurd and understood oppression. He said: "I am a freedom fighter!" I felt tears well up, and I couldn't help wondering: "What has happened to us?"

It didn't help that I was also anxious about my kids getting the vaccine. They didn't want to, but they all told me they would probably have to do it just to carry on with their lives. I felt so much stress over them.

Nobody who was mandated was ever in the media sharing their story, and it was hard not to feel despondent. It was hard to sleep, to concentrate or to laugh. Then reports of a convoy in Canada started to appear and I heard about a New Zealand version. As part of the local freedom group, we went to support them. It was exhilarating to see so many people from all over the country.

My friend went down to Wellington the next day. She was a mandated dispensing optometrist with young kids. Why were people like us being driven to this? Why was nobody asking those questions?

My daughter and I went down later. We stayed at Victory church, who showed us



wonderful care. As I walked into Parliament grounds, I felt such a rush of relief. I was among thousands of other people who felt like me. It was incredible to be there, and it will count as one of the most positive experiences of my life.

I met an older Māori woman who told me she had been part of the land marches in the 70s. She asked me why I was there, so I told her “to defend our human rights” and that I was a teacher who wasn’t allowed to teach any more. She said, “You are still a teacher; you can still teach.” She told me to treat everyone with love, and she put her hand on my arm and said, “You haven’t done anything wrong”, over and over until I was crying.

We left after two nights, and watched in horror the following Wednesday when the police moved in. It was like Belfast or Palestine. There were reports for days about what a mess the protesters had made, but I believe that if someone from Parliament had come out to speak to them, and told them the mandates would eventually end, almost everybody would have gone home.

It wasn’t great to see things being thrown at the police, but those people were

not typical of the people I’d encountered. I later learnt a lot of police sought counseling after that day.

Two days after we arrived home, we got Covid. It was mild and it felt good to have it over with. One of the women from the rheumatoid arthritis group, who had had

I understand people acted out of fear, but it was frightening to learn New Zealanders could tolerate such discrimination.

two vaccines and a booster, got Covid at the same time. Her experience was very similar to mine.

In March, I received a text from one of my principals, asking whether I’d come back if the mandates were dropped. I replied immediately, “Yes!” That afternoon, the education mandates

were dropped, but the healthcare ones weren’t, so it was a hollow feeling. I knew so many wonderful healthcare professionals were going to be devastated by that decision.

Vaccine passes were removed in April, and the following month I was back teaching. But I am not who I was. I feel disconnected from society and no longer trust the government, the police, and all the people who stood by and allowed their fellow New Zealanders to be treated as a “river of filth”, as one politician described the protest.

I understand people acted out of fear, but it was frightening and exhausting to learn that my fellow New Zealanders could tolerate, and in some cases relish, such discrimination. Could it happen again?

We are closer as a family now because we stood strong together. I have learnt new skills, and we certainly don’t spend anywhere near as much money as we used to. We have made new friends and had experiences that we would never have had. However, for me, New Zealand is broken and scarred. I’m not sure whether it can ever be repaired. ■

Gut soldiers

A viral cocktail shows promise in combatting the bacteria that cause irritable bowel flare-ups.

Thousands of New Zealanders suffer from inflammatory bowel disease (IBD), a term used to describe a range of conditions including Crohn's disease and ulcerative colitis. While the cause remains unclear, research has linked IBD to the microbiome, the colony of helpful and also potentially harmful bacteria that live in our gut. Now, a team of scientists from the Weizmann Institute of Science in Israel have identified a specific type of bacteria associated with IBD flare-ups.

Klebsiella pneumoniae is a type of bacterium that is known to cause other infections, and is increasingly resistant to antibiotics.

Even after experiments in mice had

Eran Elinav: viral cocktails could also target other gut diseases.

“Basically, we connected to the main sewer pipe and isolated phages from very disgusting buckets of sewage.”

narrowed down the strains of *klebsiella* involved in IBD, the challenge was how to get rid of it without harming other beneficial microbes inhabiting the gut.

“This is a huge challenge, not just in IBD but any microbiome-related disease,

because we don't have the means of doing so today,” says Eran Elinav, a corresponding author on the study.

The team turned to the natural enemy of bacteria, bacteriophages – generally shortened to phages – a type of virus. Phages tend to be very specific about the types of bacteria they infect. So Elinav and his team faced their next challenge, identifying which out of the many, many phages out there would be best to target *klebsiella*. This was slow and unglamorous work.

“Basically, we connected to the main Israeli sewer pipe and isolated phages from very disgusting buckets of sewage,” explains Elinav. “Then we had to genomically characterise and screen them in order to identify



phages from different phage families that would potentially attack *klebsiella* but not any other bacteria. This very painful process resulted in a five-phage cocktail that seems to be effective against any *klebsiella* we have utilised them against.”

A combination therapy is important because during what Elinav refers to as “the arms race” between phages and bacteria, it is common for bacteria to develop resistance mechanisms very rapidly.

“If you gave a single phage to a bacterial colony, there’s a 100% chance of some of the bacteria developing resistance to it, and making the phage no longer effective at killing them. To solve this, we’ve identified multiple phages that will each attack the

bacteria through a different mechanism. When given together, this would not allow the bacteria to develop resistance to all of them.”

Phages cannot infect human cells, and so pose no threat to us. Even so, they represent a large amount of foreign material and the body will generate an immune response to eliminate them.

“The solution was to give them orally, so the phages would concentrate in the gut and avoid an encounter with most of our immune system,” says Elinav. “However, stomach acidity eliminates the vast majority of phages that are given orally, so we had to also give antacids to neutralise that. Once they’ve survived the stomach, phages will very happily proliferate in the rest of the gut.”

“If trials with IBD patients go well, there is potential for this treatment to do much more.”

So far, this therapy has been used successfully only in mice. The team have yet to try treating people with IBD but they have gathered more information about how phages behave in the different gut compartments and have dosed a small number of healthy volunteers with the five-phage cocktail.

“We collected all the faeces generated by these volunteers throughout the trial,” says Elinav. “That has enabled us to see that when we give a small amount of these phages to volunteers under acid-neutralising conditions, the phages survive the human gut and maintain levels that are a thousand-fold higher than what would be expected to be the effective killing concentration.

“We’ve also shown that phage consumption is very safe; people didn’t complain of any adverse effects. And the phages that were specifically targeting *klebsiella pneumoniae* were not harming any unrelated bacteria in the gut microbiome of these healthy volunteers.”

If trials with IBD patients go well, there is potential for this treatment to do much more. Elinav and his team are already starting to develop phage cocktails to target other conditions.

“This could be expanded to any microbiome-associated disease such as obesity, Type 2 diabetes, cancer and neurodegeneration.” ■

HEALTH BRIEFS

GUT INSTINCT

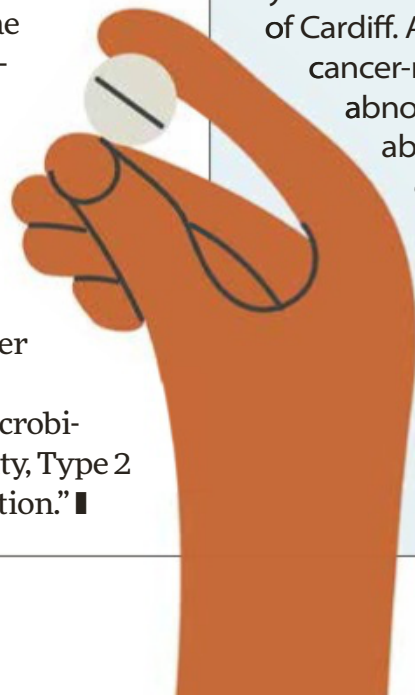
Obese children who have successfully undertaken weight-loss programmes may still get hunger signals from their brains even after their gut has begun to feel full quicker, the Seattle Children’s Research Institute has found. After a 24-week weight-loss programme, although the children’s gut hormones indicated they were fuller after meals, brain activity suggested they were still hungry. Researchers say this could mean the brain takes a while to catch up when the body learns to crave less food, and could trick people into falling back into poor eating habits.

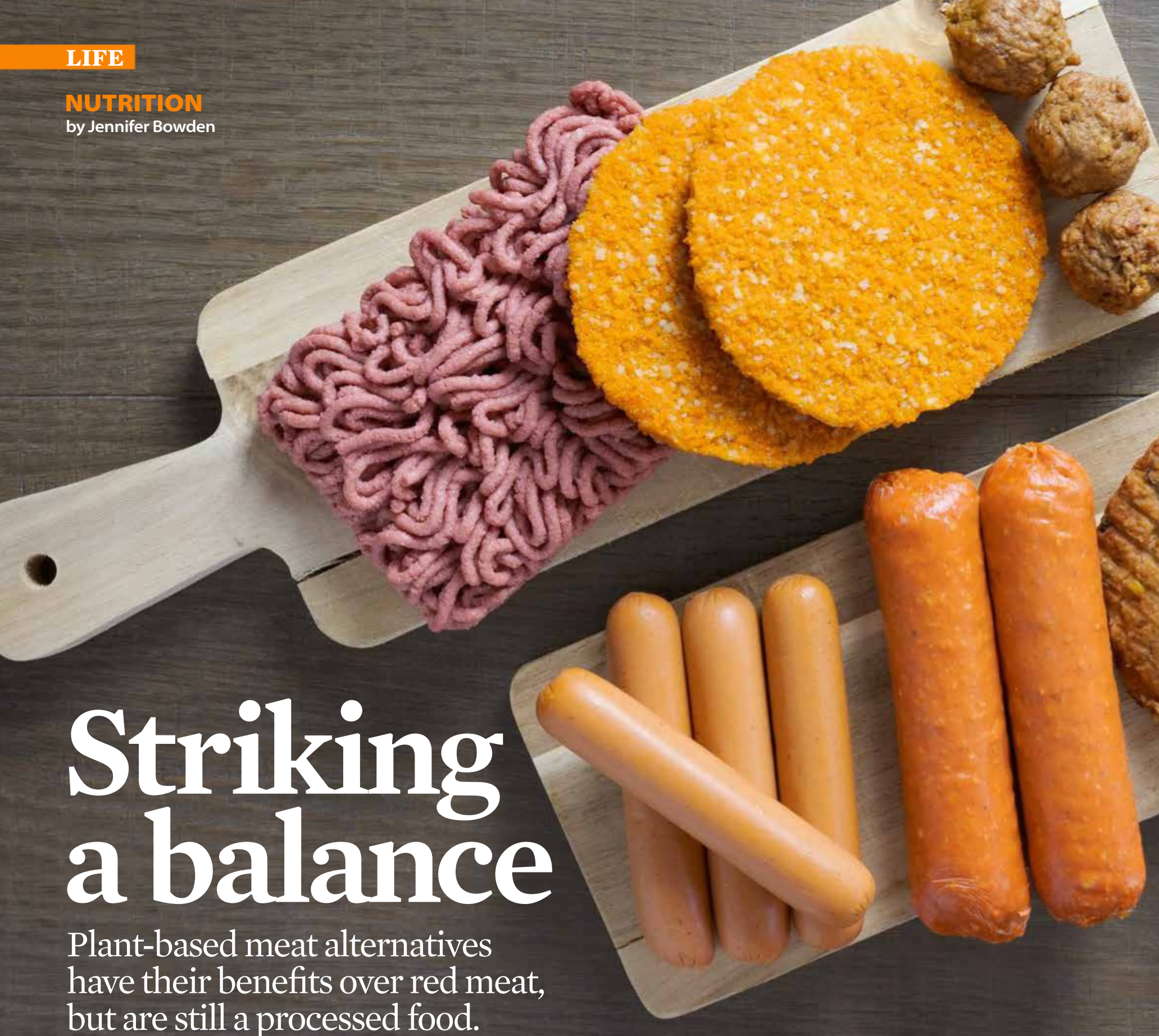
INFECTION & BRAIN DISEASE

People repeatedly treated for infections may be more likely to get Alzheimer’s and Parkinson’s diseases, say researchers from Sweden’s Karolinska Institute. The team used data from people diagnosed with the diseases in Sweden between 1970 and 2016, finding a 16% higher risk of Alzheimer’s and a 4% higher risk of Parkinson’s in those who had a hospital-treated infection five or more years before their diagnosis. This increased to double the risk for Alzheimer’s and 40% higher for Parkinson’s if the person was hospitalised multiple times for treatment of infections before the age of 40.

ASPIRIN FOR CANCER

Despite its side effects, taking aspirin has an overall positive effect on survival for people with cancer, say researchers from the University of Cardiff. Aspirin can reduce cancer-related inflammation, abnormal clotting and abnormal blood vessel growth and enhance cellular repair processes. They also found associations with reductions in cancer-related deaths, vascular complications and the spread of cancer.





Striking a balance

Plant-based meat alternatives have their benefits over red meat, but are still a processed food.

Question:

I'm keen to reduce my meat eating further but, when considering plant-based meat alternatives, I'm puzzling over the general advice to maximise eating fresh over processed foods. What do we know about these alternatives, and could they have any negative health effects?

Answer:

Plant-based alternatives to animal meat have grown in popularity and availability recently, offering meat eaters a convenient substitute in their meals.

Globally, there are concerns about the environmental impact of animal agriculture. However, plant-based meat alternatives are more popular among consumers

Fresh and whole foods will always be the gold standard for healthfulness.

concerned about their health or animal welfare rather than environmental issues, a recent German study found.

From a health perspective, there is evidence that overconsumption of animal products is linked to an increased risk of heart disease, cancer, diabetes and other chronic diseases. Indeed,

both red meat and processed meats have been linked to cancer. In 2015, the World Health Organisation's International Agency for Research on Cancer categorised processed meat as a Group 1 human carcinogen based on data from 800 studies, meaning there is sufficient evidence to link processed meat consumption to cancer in humans. The agency also classified red meat as a Group 2A probable carcinogen, meaning that red meat is probably carcinogenic to humans based on available evidence.

On the other hand, red meat has nutritional value, being a rich source of protein, minerals such as iron and zinc, and vitamins including B12.



Thus, enjoying some red meat in your diet is an option most health authorities suggest for a balanced diet.

Plant-based products have been pitched as an alternative to red and processed meats for those wishing to reduce their animal-meat intake. But are they healthier?

Plant-based meat alternatives are designed and manufactured to emulate animal products so that consumers can enjoy the taste and convenience of a meat-like food while reducing their meat intake. This is an important point: plant-based meat alternatives are not an alternative to foods such as fruits, vegetables or legumes.

So, when assessing their health effects or environmental impacts, we should compare them with animal meats, not plant products. For example, it is doubtful that someone would buy a plant-based meat alternative to replace the green leafy salad they usually have for dinner. They would more likely eat it instead of a beef steak, and still include fresh vegetables with it.

Plant-based meat alternatives are lower in energy density, saturated fat and protein, and higher in fibre and salt.

Market research suggests that 90% of consumers who buy plant-based meat alternatives are meat-eaters, not vegetarians. So researchers have assessed their healthfulness based on the premise that meat eaters are swapping meat for the plant-based substitute.

Numerous studies have compared the nutritional profiles of the two. They show that, on the whole, the plant-based meat alternatives are lower in energy density, saturated fat and protein while also being significantly higher in fibre and salt. All good, except that salt is not something we need more of in the typical Western diet.

Moreover, based on a British nutrient profiling system, about 40% of meat products were classified as “less healthy”, compared with just 14% of plant-based meat alternatives. The researchers concluded that plant-based meat alternatives have “favourable nutritional profiles compared to meat, but there is a need to reduce their salt content”. Similar findings on plant-based meat alternatives were found in Germany.

Fresh and whole foods such as vegetables, fruits, whole grains and legumes will always be the gold standard for healthfulness above processed foods. However, many plant-based meat alternatives have a favourable nutritional profile – the only area of caution is their sodium content.

So, to maximise the healthfulness of your plant-based meat alternative, read the nutrition information panel on the product packaging, compare multiple plant-based meat alternatives and choose the one with the lowest sodium per 100 grams. ■

Email your nutrition questions to listenerlife@aremedia.co.nz

NUTRITION BITES

OBESITY DIFFERENCES

US scientists drawing on UK data have identified two distinct types of obesity, with physiological and molecular differences that may have lifelong effects on health, disease and medication response. Obesity diagnosed by body mass index (BMI) fails to account for underlying biological differences and can misrepresent a person's health status, the researchers report in *Nature Metabolism*. One subtype is characterised by greater fat mass and the other by both greater fat mass and lean muscle mass. The team found the second was associated with increased inflammation, which can elevate the risk of certain cancers and other diseases.

BREAKFAST LIKE A KING?

It's long been assumed that consuming the bulk of your daily calories in the morning optimises weight loss. But recent studies suggest whether a person eats their largest meal early or late does not affect the way their body metabolises calories. 30 healthy subjects who were overweight or obese had their diets controlled and metabolism measured. Each was randomly assigned to eat either a morning or evening calorie-loaded diet. The researchers found that energy expenditure and total weight loss were the same for both diets. But those who ate their largest meal in the morning did report feeling less hungry later in the day.

SPARKING A FAT CRAVING

New research investigating the source of our appetites has uncovered a new connection between the gut and brain that drives our desire for fat. At Columbia University in the US, scientists studying mice found that fat entering the intestines triggers a signal.

Conducted along nerves to the brain, this signal drives a desire for fatty foods.

The finding raises the possibility of interfering with this gut-brain connection to help prevent unhealthy choices. – Listener staff





Hollywood classics

Great British Bake Off judge Paul Hollywood presents his take on old favourites that never lose their shine.

Traditional bread and butter pudding is a thing of joy. It's an old-fashioned recipe, so I've given it a modern update by adding white chocolate and fresh raspberries. Don't be afraid to leave it in the oven for a few minutes longer so it takes on a bit of dark colour, as that's where the flavour comes in.

WHITE CHOCOLATE AND RASPBERRY BREAD AND BUTTER PUDDING

75g butter, plus extra to grease the dish

8 slices white bread, crusts removed

125g raspberries

100g white chocolate chips

225ml whole milk

225ml double cream

1 vanilla pod, split and seeds scraped out

3 large eggs

25g caster sugar

TO FINISH

3 tbsp apricot jam

25g icing sugar

Heat your oven to 180°C/Fan 160°C/Gas 4. Grease a 1 litre baking dish.

Butter the slices of bread. Cover the base of the baking dish with a layer of buttered bread. Scatter over half of the raspberries and half of the white chocolate chips.

Layer the remaining bread slices on top and scatter over the remaining raspberries and chocolate chips.

In a pan over a medium-low heat, heat the milk and cream together with the vanilla seeds. Beat the eggs and sugar together in a bowl, then pour on the hot creamy milk, stirring as you do so. Carefully pour the egg mix over the bread.

Stand the baking dish in a deep roasting tray and pour enough cold water into the tray to come about 2.5cm up the side of the dish. Bake for 30 minutes or until the pudding is just set and golden.

In a small pan, heat the apricot jam with a splash of water, then pass through a sieve; set aside.

Dust the pudding with icing sugar and wave a cook's blowtorch over the surface to caramelise. Brush with the warm apricot glaze and serve, with clotted cream or ice cream if you like.

Serves 4.

I RECOMMEND using your favourite sausages to make this ultimate sausage roll, which you serve sliced with chutney and pickles. The addition of Stilton gives it a bit of a kick, but if you prefer, you could use less Stilton and cook another onion instead – sprinkle the extra caramelised onion directly on the pastry for extra sweetness before you roll it up.

THE ULTIMATE SAUSAGE ROLL

ROUGH PUFF PASTRY

225g plain flour, plus extra to dust

½ tsp fine salt

200g cold unsalted butter, diced

Juice of ½ lemon

180-200ml cold water

FILLING

1 tbsp oil

1 small onion, finely diced

400g sausage meat (or your favourite sausages, skinned)

125g Stilton, crumbled

1 tbsp thyme leaves

Pinch of white pepper

TO FINISH

2 egg yolks, beaten, to glaze

2 tsp nigella seeds

2 tsp sesame seeds

To make the pastry, put the flour, salt and butter into a bowl. Mix the lemon juice with the water and add three-quarters of the liquid to the bowl. Gently stir until the mixture comes together to form a lumpy dough, adding the remaining liquid if required. Don't knead or work too much – you want lumps of butter through the dough.

Tip the dough on to a floured surface and flatten to a rectangle. Using a rolling pin, roll into a narrow rectangle around 2.5cm thick. Fold one-third of the dough up on itself, then the opposite third down over that, as if folding a business letter. Wrap the pastry in cling film and chill for at least 20 minutes.

Unwrap the pastry and repeat, rolling the pastry at 90° to the original roll, to a rectangle 40 x 15cm, then folding as before. Wrap and chill for 20 minutes. Repeat the process twice more, chilling the dough for at least 20 minutes between folds.

Line a large baking tray with baking paper.

For the filling, heat the oil in a small frying pan over a medium heat, add the onion and cook for 7-10 minutes until softened and just turning golden brown. Leave to cool. In a bowl, mix the sausage meat with the cooled onion, crumbled Stilton, thyme and white pepper.

With floured hands, roll the filling into a 20cm-long sausage and wrap tightly in cling film. Chill for 30 minutes.

Roll out the pastry to a 30 x 20cm rectangle, and trim the edges to neaten. Place on the baking tray and chill for 20 minutes.

Unwrap the sausage and lay it along the pastry rectangle, 6cm from one edge. Brush the exposed pastry with beaten egg yolk, leaving the 6cm border clear. Fold the egg-washed pastry over the sausage filling to encase the filling and meet the border. Press the edges firmly together. Press a floured fork firmly along the length of the sealed edge. (You may need to keep dipping the fork in flour to stop it sticking.)

Brush the sausage roll all over with more egg and score the pastry on



The ultimate sausage roll. Below, Victoria sandwich. Opposite, white chocolate and raspberry bread and butter pudding.



the diagonal. Chill for 15 minutes. Heat your oven to 210°C/Fan 190°C/Gas 6.5.

Brush the pastry again with egg, all over, then sprinkle with the nigella and sesame seeds. Bake for 30 minutes or until the pastry is golden and crisp and the sausage meat is cooked through.

Leave to cool on a wire rack for 10 minutes before slicing. Serve with your favourite pickles and chutney.

Serves 6.

IF YOU'RE NEW to baking, then this should be your very first cake. If you get it right, everything else will be easy. You can make a Victoria sandwich using the all-in-one method, where you mix everything together in a bowl at the same time, but

I encourage you to cream the fats and sugar together before adding the eggs, flour and raising agent, as you'll learn a lot about baking this way. Baking is a science. That's why, in this recipe, we weigh the eggs first and then adjust the quantities of the other ingredients to get the perfect balance. I like to use half margarine for a lighter texture and half butter for a rich flavour. Traditionally, it's filled with just jam, but if you're feeling indulgent, feel free to add whipped cream or buttercream.

VICTORIA SANDWICH

4 large eggs (in their shells)

About 270g caster sugar

About 270g self-raising flour

About 135g unsalted butter, softened, plus extra to grease the tins

About 135g soft margarine

TO FINISH

125g raspberry jam (good quality)

A little caster sugar, to sprinkle

Heat your oven to 180°C/Fan 160°C/Gas 4. Grease two 20cm sandwich tins and line the bases with baking paper. Weigh the eggs first (in their shells), then weigh the same quantity of sugar and flour. For the butter and the margarine, you need half the weight of the eggs.

In a large bowl, cream the butter, margarine and sugar together using an electric whisk until pale in colour and light and fluffy. Scrape down the sides of the bowl and beat again.

Beat the eggs together in a jug, then gradually add to the mixture, beating well after each addition. Scrape down the sides of the bowl and mix again. Sift the flour over the surface of the mixture and gently fold in, using a large metal spoon.

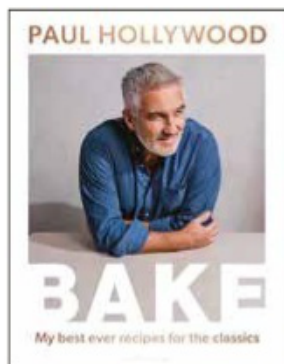
Divide the mixture between the prepared tins. To ensure the cakes are exactly the same size, you can weigh the cake mixture into each tin. Gently smooth the surface with the back of the spoon to level it.

Bake in the centre of the oven for 25 minutes until risen, golden brown and the cakes spring back when lightly touched in the centre with a fingertip. They should be slightly shrunken away from the edges of the tin. Leave in the tins for 5 minutes, then remove to a wire rack to cool completely.

When cold, sandwich the cakes together with the raspberry jam and sprinkle the top with a little caster sugar.

Makes 8-10 slices. ■

An edited extract from **BAKE**, by Paul Hollywood (Bloomsbury, \$55.00)



WINE

by Michael Cooper

The merits of malbec

The classic Bordeaux grape is gaining a foothold here.

If you want to trigger a lively wine debate, just mention malbec. Is this grape variety, widely viewed as a source of powerful, gutsy, often good value reds, also capable of yielding truly distinguished red wines?

Malbec is an old Bordeaux grape, now making its presence felt here. Most plantings are in Hawke's Bay, with the rest mainly in Auckland. Often used as a blender, it adds brilliant colour and rich, sweet-fruit flavours to red wines based principally on merlot, cabernet sauvignon and cabernet franc. Numerous, unblended malbecs have also been released, possessing loads of flavour, but often a degree of rusticity.

Now of declining importance in Bordeaux (due at least in part to its small crops), a century ago malbec was the foundation of the famous, flavour-crammed, tannic "black wine" of Cahors, in southwest France. Argentina's dark, muscular malbecs have since attracted an international following, and its top labels sell here in the \$150-\$200 range.

So, what happens if you line up six New Zealand malbecs and blind taste them alongside four from Argentina, one from Chile and one from Cahors?

The top wine on my scoresheet was Church Road 1 Single Vineyard Gimblett Gravels Hawke's Bay Malbec 2020 (★★★★★, \$120). Densely coloured, it is a very refined, mouthfilling red with youthful, highly concentrated blackcurrant, plum and spice flavours, a hint



of liquorice, and a welcoming fragrance. Already delicious, it should be long-lived.

Proof of malbec's longevity was provided by Villa Maria Reserve Gimblett Gravels Hawke's Bay Malbec 2013 (★★★★★, \$60). No longer widely on sale, this dark, rich red is still amazingly youthful, with beautifully ripe blackcurrant, plum, dark chocolate and liquorice flavours, firm and lasting.

A superstar label, Catena Zapata Malbec Argentino 2019 (★★★★★, \$170) was grown 1100m above sea level in Mendoza, central Argentina, and matured for 18 months in new French oak barrels. Very generous and sweet-fruited, it has good tannin backbone and bottomless depth of dark berry, plum, spice and liquorice flavours.

For sheer value, among the New Zealand wines it was hard to go past Decibel Gimblett Gravels Hawke's Bay Malbec 2019 (★★★★★, \$27-\$32). Certified organic, it is mouthfilling and flavour-packed, with ripe, supple tannins that give it great drinkability. ■

WINE OF THE WEEK

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PSYCHOLOGY

by Marc Wilson

Running from or to?

Whether our coping mechanisms are harmful can depend on what we gain.

The New Zealand Psychological Society annual conference was held in Auckland in early September.

As well as finding out what people have been up to in their research and practice, conferences are also a chance to catch up with old friends and collaborators. So, I did.

Since we last met, one of my mates had taken up ultra-distance running. Wikipedia tells me ultra-distance is anything longer than the traditional marathon length of 42km, and that's certainly what my friend is doing.

This led to a discussion about whether there's a narrow border between running for fitness, and running to the point your brain and body are struggling not to shut down and self-harm. My usual answer to such questions is that it depends on the function the behaviour serves. But I'll come back to that.

While in Auckland, a couple of studies that felt connected came

across my news feed. The first, led by Hui Zhang at the Huazhong University of Science and Technology, is a daily diary study of a smallish group of tax support call-centre workers.

Such studies typically involve participants completing daily (or, in this

Self-control isn't a stable capacity – it can be depleted over the course of the day.

case, twice-daily) sets of measures relating to their current experience and psychology. The results showed that mistreatment by callers predicted increased impulsive buying and smart-phone use (but not overeating) after work by the staff. Zhang and colleagues infer from this that work-related mistreatment reduces people's

capacity for self-control, which is consistent with past theory and research suggesting this quality isn't a stable capacity you either have or don't, but a resource that can be depleted in the course of the day.

Importantly, the impacts on self-control of being abused by customers were least apparent for workers who took time to relax during the day – for example, taking lunch breaks away from their desk. Basically, relaxation tops up your self-control bucket.

Another interpretation is that being abused on the phone causes unpleasant emotions that you can avoid through behaviours such as impulse-buying, or immersing yourself in the lives of celebrities on your smartphone.

Which brings me to the second study, lead-authored by Jose Perez del Valle from Glasgow Caledonian University.

Based on analysis of a large number of surveys, del Valle and a colleague found that problematic pornography use was associated with, among other things, "experiential avoidance" – difficulty tolerating negative emotions, and a tendency to avoid them when they happen. A bit like my interpretation of the call-centre research: in this case, pornography allows an escape from the emotional unpleasantness of daily life.

In my own research, one of the primary drivers of self-harm is experiential avoidance – some people, and particularly those who may have a less extensive emotional skills toolkit, cope with unpleasant emotions arising from daily experiences through self-harm.

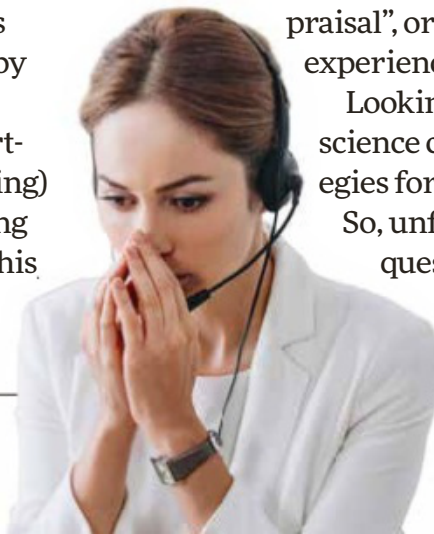
Back to running. Can a behaviour that requires you to be physically healthy enough to survive acute energy deficit be considered self-harm? A Serbian study of almost 300 endurance runners concluded that "coping with negative emotional states represents a significant reason for practising endurance running".

So, endurance running may share a function with other self-harming behaviours. But whether it can be thought of as self-harm depends also on whether there's actual harm.

I suspect this blurry line may be crossed for at least some athletes, but the research suggests endurance running is also potentially a source of growth. One Australian study shows endurance runners tend to demonstrate greater resilience. They're also more likely to use another strategy for coping with emotional experience: "positive reappraisal", or reinterpreting one's emotional experiences so they're more positive.

Looking on the bright side is indeed, science confirms, one of the best strategies for dealing with adversity.

So, unfortunately, the answer to the question whether extreme sporting pursuits are self-harm is "it depends". ■



GETTY IMAGES



In the slow lane

New Zealand is dragging the chain on introducing a digital driver's licence.

It was a hot day at a garden bar in Wellington and all I wanted to do was order a beer. This was earlier in the year when mask and vaccine mandates were being strictly enforced in bars and restaurants. Not only did I need to show my vaccine certificate, but the bartender also wanted me to show proof of identity.

I'm not in the habit of carrying my driver's licence around with me; I don't even carry a credit card these days, paying for everything via payWave on my smartphone. Luckily, I had a photograph of my driver's licence on my phone and it was enough to satisfy the barman that I was who I claimed to be.

But it got me thinking. Why can't I have a verified version of my driver's licence on my phone? If you've ever been pulled over by the police and scrambled around looking for your

licence, you've probably thought the same thing. By law, you must carry your licence at all times or risk a \$55 fine if you fail to produce it.

Then there are the fresh-faced Gen Zers required to produce their passport, driver's licence or a Hospitality 18+ ID to enter a pub or nightclub. A thin sliver of plastic can make or break your night out.

Many countries now issue a digital driver's licence that can act as a form of official identification. We've dragged the chain on that. The resistance seems to stem from discussions about 20 years ago around every New Zealander being issued with a national ID. That evoked Big

Some US states allow self-scanning of licence and ID cards.



Brother scenes of an ID card being used to track our movements everywhere.

But now, most of us are tethered to our phones and used to storing various tickets, vouchers and our Covid vaccination certificates on our phone. It's a no-brainer to add a digital version of our driver's licence for easy ID verification on the device we carry everywhere.

Our slow progress means we can learn from the mistakes of others on security and privacy.

Finally, the gears seem to be turning. According to RNZ, Waka Kotahi is "at a very early stage" of planning a digital driver's licence. It may well draw on facial recognition technology to verify your face against a database held by the Department of Internal Affairs. The government is developing a Digital Identity Trust Framework to allow a wider range of government and private sector services to be accessed online using verified identification. This is well overdue.

In Arizona and other US states, residents can now add their driver's licence or state ID to their iPhone or Apple Watch. They use their iPhone to scan their physical driver's licence or state ID card and take a selfie, which is provided to the issuing state for verification. It means that domestic air travellers can just tap their phone or watch to verify their identity at transport security checkpoints.

We could do the same, making a digital driver's licence compatible with Apple and Android mobile wallets. At the very least, the government could issue a simple app to hold a verified copy of our driver's licence for ID purposes only.

Security and data privacy are clearly paramount. Nearly 4 million New South Wales drivers have a digital driver's licence. But the scheme ran into trouble when hackers found it relatively easy to forge fake IDs.

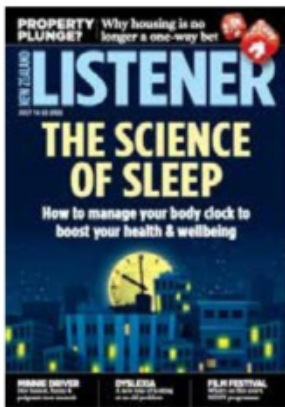
The other concern is around what your data is used and retained for. If you scan into a bar with your digital driver's licence, will the establishment be able to retain information about you? There may be valid reasons to do so, but it must be an opt-in system. Every Kiwi must retain the right to opt for a physical driver's licence if they prefer.

A law change will probably be required to clear the way for a digital driver's licence. Our slow progress in implementing one means we can learn from the mistakes of other countries and develop a digital ID that offers convenience as well as adequate security and privacy. ■

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Confessions of a Bad Seed

Nick Cave offers a searingly honest account of the loves, traumas and epiphanies of his life.

LINDA HERRICK

FAITH, HOPE AND CARNAGE, by Nick Cave and Seán O'Hagan (Text Publishing, \$50 hb)

Seán O'Hagan, a veteran writer for the *Observer* and the *Guardian*, has known singer-songwriter Nick Cave for decades. They first met in a London pub in 1987, when O'Hagan hosted an NME interview that instantly entered the annals of rock infamy.

The interview, designed to provoke, was proposed as a "conversation" between Mark E Smith (the Fall), Shane MacGowan (the Pogues) and Cave, the charismatic frontman for the Bad Seeds.

Each of them had wild, fearsome booze-drug reputations, and Smith and MacGowan behaved accordingly. But Cave was completely straight, having just emerged from rehab the day before.

The meeting was so unhinged it's a wonder Cave and O'Hagan still talk to each other – but now they have written a book together, *Faith, Hope and Carnage*, based on 40 long, "honest, good-faith conversations" on the phone over a period of two years, starting in March 2020, when the Covid lockdowns had started.

Recklessly, O'Hagan brings up the 1987 pub debacle in the midst of a chapter addressing Cave's long struggles with heroin addiction, which he finally conquered when he met his second wife, Susie.

Cave quickly gets fed up. "But, Seán, isn't all this kind of pointless? I really don't like talking about taking drugs."

Right from the start, Cave, who has just turned 65, restates his long-held hatred of interviews. "The whole premise is so demeaning ... you just get worn away by your own story."

The only "condition" of this enterprise?

Don't retread the past too much.

The central thread running through the book, and within the Cave household, is the death of their twin son, Arthur, who died aged 15 in 2015, after falling from a cliff near Brighton while tripping on LSD. Since then, "The loss of my son defines me," says Cave. And it always will.

With his Bad Seeds compadre, multi-instrumentalist Warren Ellis, Cave speaks of a new, "more abstracted" way of songwriting, based on "a deep intuitive understanding" while making the most recent album, *Ghosteen*, which he regards as a "religious record" imbued with Arthur's spirit.

At one point, he addresses an issue that has troubled some sulking, old-school Bad Seeds fans (like me): the departure of guitar greats like Blixa Bargeld and Mick Harvey, no longer prepared to indulge Ellis' growing influence. Yes, there was a power struggle, says Cave.

"In those days, there was a fair amount of carnage, a fair amount of blood on the floor. I don't feel so good about that. [But] I really cannot imagine ever making a guitar-based rock record again."

A superb chapter, "A Kind of Disappearance", is devoted to Cave's beloved librarian mother, Dawn, who died in 2020, aged 93. Describing her as "the undercarriage of my life, always fair and sensible, even when I was at my least deserving", Cave was unable to fly to Melbourne to farewell her.

And he also leans deep into a more traumatic death, in Wangaratta, Australia, when he was an unruly teenager. In 1979, his father, Colin, died in a car crash while driving to pick Nick up from the police station.

As far as I know, Cave has never broached this subject before. Again, "I find my own story unbearable, mostly."

Shortly afterwards, when O'Hagan pushes him on a past quote about his relationship between loss and creativity, Cave snaps, sort of. "I wish you'd stop reading my old quotes at me. It's just f---ing impolite."

But the quotes, past and present, are priceless. "I had plenty of people to take drugs with but very few who would accompany me into church."

On being shy around women (now that's a surprise): "[I was] an egomaniac with low self-esteem and a sex drive! But I'm not like that now, of course, you'll be pleased to know. I'm mild-mannered and compliant."

The chapter where Cave talks most directly about the night of Arthur's accident, and its chaotic, fragile aftermath, is an agony to read. Since that prolonged period, he says, he and Susie have determined to live as happily – and as kindly – as they can. With great humility, he uses his Red Hand Files blog to talk to correspondents about issues that trouble them.

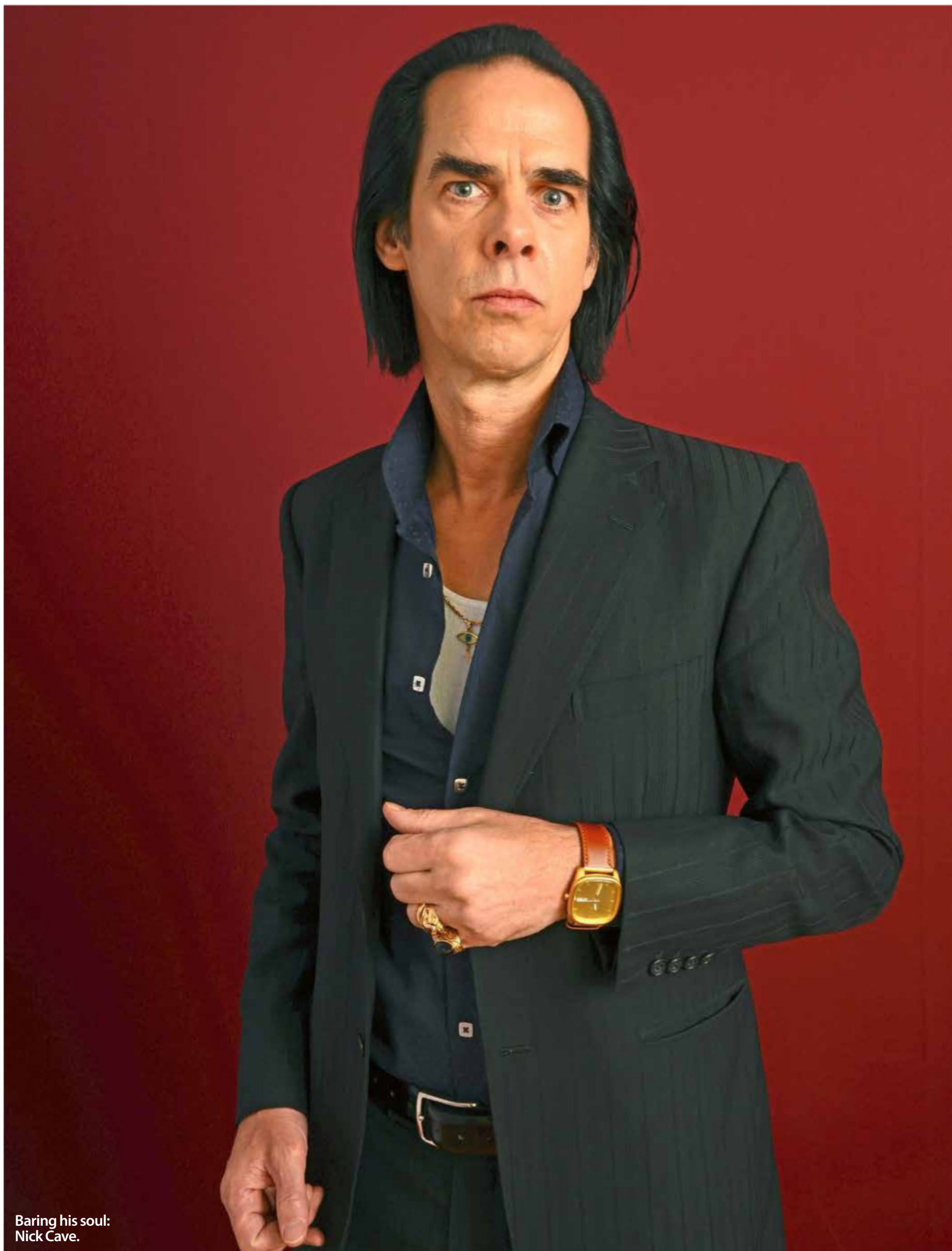
He also recognises that his priorities have had to change. "Music is restorative, a saving force," he says. "But I realised I needed to define myself first as a father and a husband, and then finally as an artist."

"When I'm on my death bed and breathing my last breath with Susie beside me, I don't think I'll be saying, 'Darling, lean closer, I have something to tell you.' And she'll whisper, 'Yes, my love', and I'll say, 'I wrote *The Mercy Seat*.'"

"Well, you never know," laughs O'Hagan.

What an illuminating and restorative partnership this book provides.■





Baring his soul:
Nick Cave.

GETTY IMAGES



A question of intent

A new examination of the English text of the Treaty of Waitangi deepens our understanding of the nation's founding document.

by MARTIN FISHER

THE ENGLISH TEXT OF THE TREATY OF WAITANGI, by Ned Fletcher (BWB, \$69.99 hb)

Our understanding of te Tiriti o Waitangi/ the Treaty of Waitangi has been defined by constant revision since its first signing on February 6, 1840. The founding document has been criticised as a fraud, glorified as the Māori Magna Carta, and everything else in between. The debates rage on today as we struggle with determining the place of the treaty/te tiriti in society.

In 2015, the Waitangi Tribunal investigated the fundamental basis for its own empowering legislation, looking in detail at the signings of He Whakaputanga/ The Declaration of Independence (1835) and te tiriti (1840). Although the tribunal

concluded Māori did not cede sovereignty in signing the treaty, at the other end of the spectrum, right-wing lobby group Hobson's Pledge argues the treaty established one law for all.

Stepping into these current debates is Ned Fletcher's gargantuan door-stop epic, titled (somewhat inaccurately) *The English Text of the Treaty of Waitangi*.

Fletcher's 529-page book (not including footnotes) is less about the English version of the treaty, and much more about the wider context and intent of its framers. He argues that the intent of the British framers of the treaty was the creation of a pluralistic political and legal system, with Māori custom/tikanga remaining in place for Māori alongside a British system intended solely for settlers. He draws on examples around the British

Empire to show that this pluralism was normal in this period in the Cape Colony in South Africa, Upper and Lower Canada, Australia, Sierra Leone, British Guyana, Ceylon/Sri Lanka and India.

Fletcher sets out how clearly the Colonial Office was determined to implement this kind of system in which there could very easily be two different legal systems. His book also provides strong evidence of the continuity of Pākehā thought in support of Māori development from the very earliest days of the colony. He particularly focuses on the influence of Colonial Office permanent under-secretary James Stephen, who was the main author behind the all-important directions known as Normanby's Instructions. These were provided to British Consul William Hobson, who was to negotiate the

An illustration of the Treaty of Waitangi signing in 1840.

signing of a treaty. Stephen was a strong supporter of the anti-slavery movement, which influenced his perspectives on the British Empire's relations with indigenous people.

Fletcher's account places the honour of the Crown above all in its debates and drafting leading up to the signing of te tiriti, showing that the British had only good faith in mind when proposing the agreement. This contrasts with the view more popular since the end of the 20th century that it was more a cynical ploy by the British to acquire Māori land and sovereignty.

The real question might be: if the treaty was intended to protect tikanga/Māori customs, why did it not say so in the English version?

There is no doubting Fletcher's key point – that in the late 1830s and in early 1840, it was perceived that the treaty would provide for the control of all the unruly British settlers but allow for Māori to retain their own control over their own lands, assets and people. How long that status quo could remain in place depended on the speed and force of settlement, and it was to occur quicker than expected.

The most controversial aspect of Fletcher's argument is that if you take the goodwill of the British into account, then the English and Māori versions of the treaty reconcile in terms of their meaning. Fletcher's attempt at revision is to revert to an older interpretation more popular in the early to mid-20th century – that the two versions of the treaty are not so different after all. The inaccuracy of the translations has been a part of the treaty orthodoxy for almost 50 years, established by historians Ruth Ross and Claudia Orange, and this is possibly Fletcher's most contentious take on te tiriti.

In addition to Stephen, the treaty's main drafters and translators were James Busby, the British Resident in New Zealand throughout much of the 1830s; Henry Williams, the Anglican missionary based at Paihia from the early 1820s; and Hobson,

Poetry

Fire

by Elizabeth Morton

The fairy terns vanish from the pier, a dozen each season.
A headland, gentle as soft-shell crab, loses meat to the tide.
Gorse lights a million candles along the nape of a hill.
Yesterday, a fire alarm mistook smoke for steam.
Today they smelled gas in the playground but found it to be sewage.
And here, the beige livery of a garden left all summer.
And here, rat bait tucked into the elbows of a workshop frame.
Yesterday, they lit a Catherine wheel and couldn't put it out.
We mow where the grass had burnt, rake the rotting windfall
from the plums. Today the sky is orange from the bushfires.
Yesterday my uncle said it's a storm in a teacup, like a teacup
has spilled over the Tasman Sea and the fire alarms
are birds, black and wailing, the shrieked bodies of eucalyptus.
I don't know whether Gondwana is fact or a metaphor for poets.
Some days, I feel the universe is a group hug that breaks
into a handshake, and now blows kisses, distanced by fields.
The weatherman says tomorrow is orange, and the next day.
My uncle is a nice man who thinks climate change
is what politicians do when they're bored. Here, the kākā
moves in silence above the cliff, studying its prey for apathy.
The clouds write poems that we take out of context.
Then the kākā will say *fire fire*.

From NAMING THE BEASTS (Otago University Press)

later our first Governor. Fletcher attempts to show that, to the people who drafted the treaty, sovereignty as it appears in Article 1 only meant sovereignty over the British. As a result, the translation of kāwanatanga as sovereignty was valid, even though it was clear kāwanatanga clearly meant, and still means, governance. The definition of sovereignty to include all New Zealanders, including Māori, would certainly change in the years to come.

In Article 2, "the full exclusive and undisturbed possession" of the treaty was translated as "te tino rangatiratanga" in te tiriti, despite "te tino rangatiratanga" being translated as "independence" in the 1835 Declaration of Independence/He Whakaputanga, and "unqualified exercise of chieftainship" elsewhere. The real question might be: if the treaty was intended to protect tikanga/Māori customs, why did it not say so in the English version?

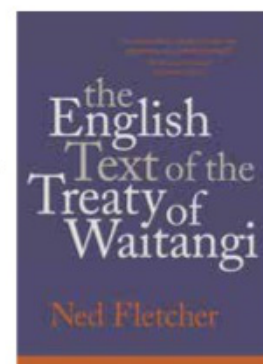
The most precedent-breaking point that Fletcher tries to make, that te tiriti is an accurate translation of the treaty, is the most difficult to accept. The only engagement Fletcher has with te tiriti is by way of back translations by the British authors and translators of the treaty and some of their contemporaries. He quite openly does not engage with any Māori

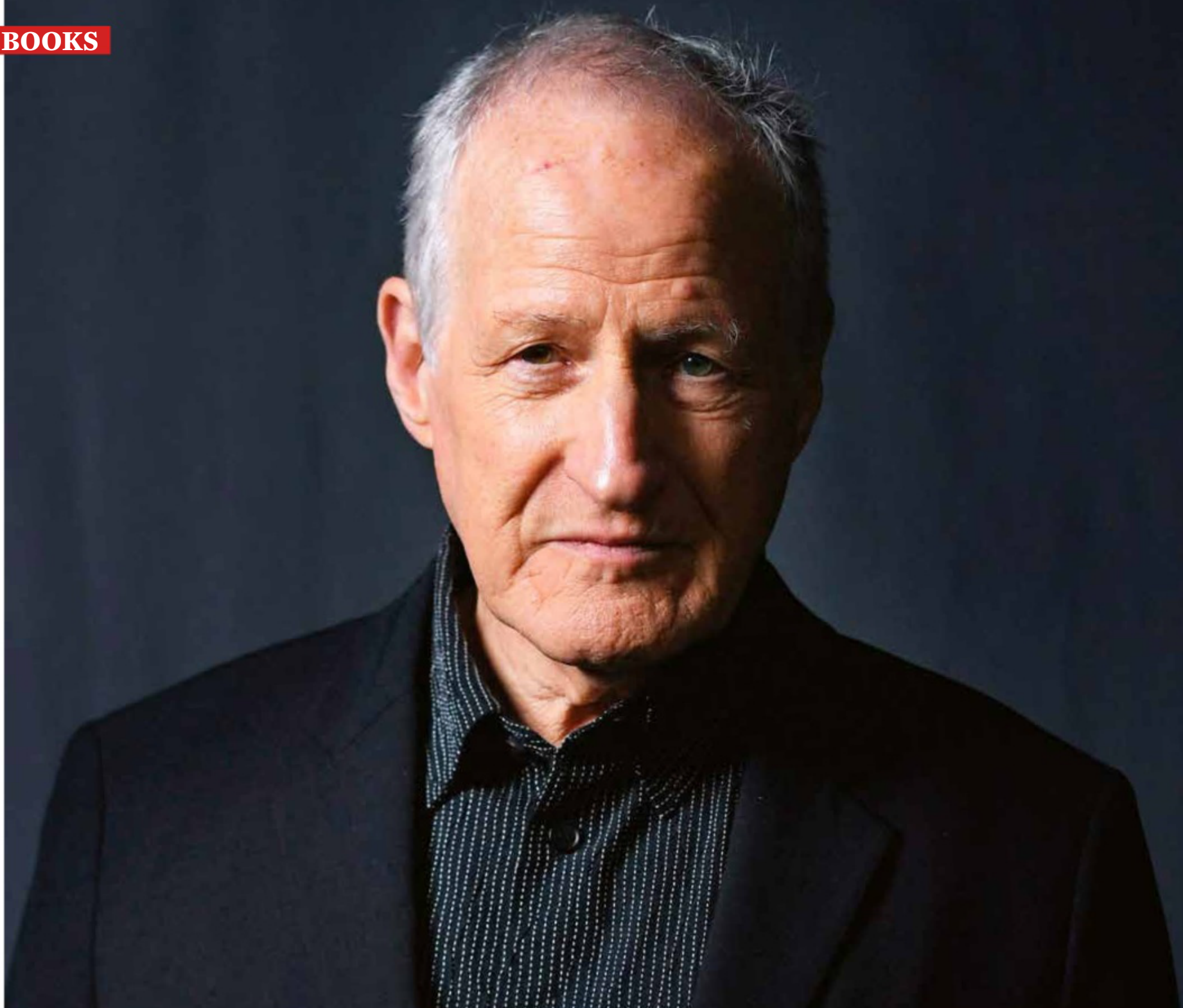
understandings of te tiriti, stating that it is for another author to consider. If that is the case, it is challenging to categorically declare the meaning of both versions of the treaty nearly identical, even if it is accepted that there was the utmost goodwill and honour on the Crown's part.

Debates around the meaning of te tiriti are healthy for our country, and this book has certainly contributed to that. The centrality of legal and political pluralism in the intent and framing of the document is as pertinent as ever with the current Pākehā backlash over the prospect of co-governance in water management and health through the Three Waters reforms and the establishment of the Māori Health Authority.

Fletcher's book will no doubt deepen our understanding of this nation's founding document. Was the treaty/te tiriti a fraud or was it the Māori Magna Carta? There's no reason it can't be both. ■

Dr Martin Fisher is a senior lecturer at the Ngāi Tahu Centre of the University of Canterbury.





Once more, into the breach

Three decades after his landmark Hollywood crime classic, Michael Mann revisits *Heat* – in a novel.

BY GREG DIXON

HEAT 2, by Michael Mann and Meg Gardiner (HarperCollins, \$35)

Call it better late than never. Nearly 30 years after *Heat*, a violent, neo-film noir and one of the greatest cops-and-robbers movies ever made, its director and screenwriter Michael Mann has delivered us a sequel.

That is the good news. The not-so-great news is that Mann's sequel is not one of his coolly stylish films, but a novel. Indeed, *Heat 2* is a first novel — a pandemic lockdown project, reportedly written only after considerable persuasion from the 79-year-old's wheeling-and-dealing agent,

and with considerable help from lawyer-turned-best-selling-thriller-author Meg Gardiner. Taken together, these are not encouraging facts.

The result is definitely better than the unpromising provenance. But *Heat 2* – and you've got to hate that title – is no *Heat*. Nor is it a simple sequel.

Perhaps taking the episodic *The Godfather II* as a blueprint, Mann and Gardiner have written a book that is both a roving prequel and an ambitious sequel to his film, with this new story spanning three time periods over 12 years. They have used partly based-on-fact characters the obsessive Mann has been thinking about and reworking in different projects

since the 1980s.

You don't have to have seen the film to take the trip. Mann opens with a prologue functioning as both primer and reminder that in *Heat*, set in 1995, LAPD detective Vincent Hanna (played by Al Pacino) hunts a crew of top-flight criminals led by Neil McCauley (Robert De Niro). This culminates in a bank robbery gone wrong and an epic shootout in the echoing canyons of downtown Los Angeles.

The denouement is a nighttime showdown under the approach lights of an LAX runway. There is a face-off between McCauley and Hanna, who are both obsessive men with corroded souls and who might almost be the same man. Only one

Michael Mann.

can walk away, and it's Hanna.

As *Heat 2* begins, the only survivor of McCauley's crew, his best friend Chris Shiherlis (played by Val Kilmer in *Heat*), is badly wounded and needs to escape LA, leaving his wife and boy behind. With help from fixer Nate (Jon Voight in the movie), he winds up as muscle for David Liu, a Taiwanese crime boss in Paraguay's free-trade city Ciudad del Este.

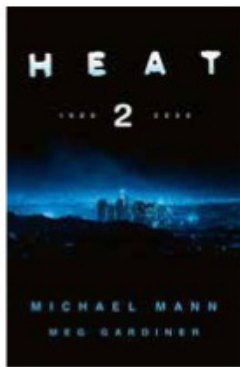
The story then leaps back in time. It's 1988, and McCauley's crew pull off a bank-vault robbery in Chicago, before setting their sights on robbing millions from a drug cartel's cash house just across the Mexican border. Meanwhile, another Chicago criminal, a vile rapist, torturer and home-invasion thief called Otis Wardell (he is to *Heat 2* what the serial killer Waingro is to *Heat*) is secretly targeting McCauley and the cartel robbery cash, while Hanna, a Chicago cop at this time, is hunting Wardell.

Then the story leaps again. It's 1996, and Shiherlis, though pining for his family back in LA, is manoeuvring into the Lius' inner circle, and into the bed of the smart, ambitious daughter, Ana. A new life is opening up to him, but is it what he wants?

Then its onwards to 2000. Shiherlis and Ana are in LA on criminal business that will hopefully set them up – and set them apart from her family. Wardell has wound up in LA, too, and committed another heinous crime. Hanna, still an LAPD detective, and now near burnout, is again on the hunt for him.

It is a messy, sprawling gumbo of a narrative all right, with the two-dimensional monster Wardell the convenient plot thread that connects Hanna, McCauley and Shiherlis, without them knowing. It eventually sparks – you guessed it – another epic LA gunfight.

At its best, *Heat 2* is propulsive and exciting, with Mann deepening *Heat*'s themes and characters. At worst, he ladles on sickening violence, dodgy sex scenes and too-neat coincidences. It is not the great-if-unlooked-for sequel to one of Hollywood's finest action pictures it could have been. What it is, though, is a decent slice of fan fiction from *Heat*'s biggest admirer: its creator. For we lesser devotees, it's pretty good fun, too. ■



Back to Blighty

A veteran *New Yorker* writer's wistful account of readjusting to life in London.

SARAH LANG

HOME/LAND: A memoir of departure and return, by Rebecca Mead (Grove Press, \$32.99)

After the 2016 US election, seasoned *New Yorker* staff writer Rebecca Mead was unsure if she could stomach living in America during the tenure of the incoming president. She and her husband began to walk in circles around a park near their home, contemplating what to do. "What had begun in a sickened impulse to flight – we could always leave – began to press on us as a compelling plan, even a hopeful one," she writes.

So the couple and their teenage son left New York, where Mead had lived for 30 years after breaking into the magazine industry. Their move to London, the city of her birth, wasn't all about Trump. In England, she would get to spend time with her elderly mother, and expose her son to a different environment and experiences.

Technically a memoir, *Home/Land* feels more like a personal exploration of identity, place and belonging. Feeling torn between two countries, Mead contemplates the cost of uprooting yourself from an established life to create a new one. Will it be worth it?

Mead got to keep her *New Yorker* job, just working from a different city. There are very few anecdotes about what must be a fascinating job, given the many people she has profiled. (She does mention that an English accent endeared her to many Americans.) That said, her journalistic ability to capture colour and detail comes through, particularly as she digs into the lives of her parents, grandparents and great-grandparents. "Back here in London, my imagination is peopled by my dead forebears, whom I picture walking these streets like characters in search of a novel," she writes. And walk the streets



Rebecca Mead: rediscovering British "cool".

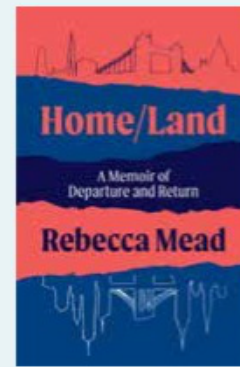
she does, bringing her readers with her.

If this book could be described in one word, it would be "meandering". There are tangents upon tangents, including one about a former churchyard where graves were moved to make way for a railway. "This is what I have been doing since I arrived in London," she writes, "what I am doing in this graveyard: sifting through fragments, filling in blanks, making imaginative leaps, all in an attempt to weave myself back into the city's fabric."

She plunges into ice-cold water at the Kenwood single-sex "Ladies' Pond", experiencing it as "a reconciliation – a coming to terms with something grave and essential about this chilly, reserved country in which I was born, and to which I have now returned".

Perhaps the most compelling pages are about a carpenter who builds her bookshelves. For many years, he was Britain's longest-serving prisoner, and as they become friends, he recounts his life and his escapes from jail.

The book is beautifully written, as you'd expect. But at times, it feels like an essay that's been padded to reach the necessary word count. Could it have just been a long piece in the *New Yorker*? Probably. But if you don't mind all the tangents, it's an engaging read. ■



Into the heartland

A comic antihero returns for a journey that's part road trip, part love story.

JOSIE SHAPIRO

LESS IS LOST, by Andrew Sean Greer (Hachette, \$34.99)

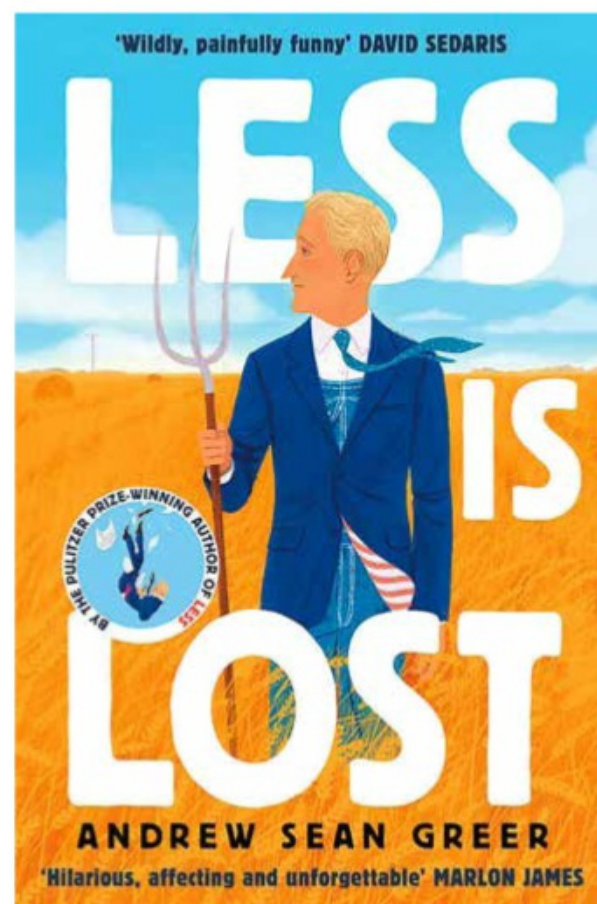
If you've been pining for the Minor American Novelist Arthur Less, you're in luck: Andrew Sean Greer's written a sequel to his Pulitzer Prize-winning novel *Less*, with the snappy title *Less is Lost*.

Arthur Less is much as we remember him – foppish and tall, in his early fifties, perpetually afraid: “afraid of money and travel and humiliations yet unmet”, though, as his partner Freddy Pelu lovingly details, he's incredibly brave in every moment, continuing on despite all his fears and private hesitations. Instead of a trip around the world, this time Less is travelling a bit closer to home – he's off on a haphazard adventure around the US.

After his ex-partner, the “genius” poet Robert Brownburn, dies, the estate finds Arthur in arrears for a decade living rent-free in The Shack. Less needs to earn some quick cash or he and Freddy will be homeless. So instead of travelling to Maine to visit Freddy while he's there for a conference, Less accepts every invitation extended to him: to be on the jury for a major prize, to interview and write a profile piece on the notoriously prickly writer HHH Mandern, and to accompany a theatre company that is producing a show based on one of his short stories.

Less wanders from San Francisco to the Mojave Desert, to Texas and Delaware, attempting to understand whether his relationship with Freddy is still what either of them truly want. Why exactly is he driving through the southern states in Rosina, Mandern's pop-top caravan, with Mandern's dog, Dolly, instead of heading straight to Maine into the arms of his lover?

The narrative trick exposed late in the previous novel – that the omniscient third-person point of view is actually the first-person point of view of Freddy – is once again utilised here. This time, the trick's deliberately exposed early and used as a device to tell both sides of the story, though it's light on Freddy and heavy on Arthur. Freddy's charming and delightful voice is just as engaging as ever, and combined with Greer's nifty comic timing and his knack at employing the



same joke many times to layer meaning, the effect is wonderfully soothing.

As Less travels through the US, observing how American it is to feel “out of place everywhere you go”, Greer reflects and interrogates with the mildest pressure his country's current standing. Is it true that “the whole idea of America is wrong?” Is it indeed a country of “grand injustice”? There seems plenty to suggest it is – issues of racism, inequality, homophobia, terrorism and many others plague the nation; yet while taking in a

Seriously joking

Three new poetry titles are by turns playful, exploring and confronting.

NICHOLAS REID

ON ELEPHANT'S SHOULDERS, by Sudha Rao (The Cuba Press, \$25)

Sudha Rao emigrated from South India to NZ and her opening poem in this varied collection, “Warp and Weft”, speaks of her transformation as she adjusts to a new

culture. Much of her adjustment relates to memory – the India of peacocks, fragrant flowers, palms and elephants, as well as parents and grandparents. Most Indian of her poems is “Body Bedecked”, based on a medieval tale, with its patient wise elephant and a Hindu context in the presence of Prince Shiva. Most New Zealand of her poems is “Manuhiri”, where she immerses herself in indigenous culture as she visits a marae and asks herself “What's a brown-skinned woman to do / at the gates of the marae? / The solidarity of colour bears differentiation.” Rao's style is often direct address to others and certainly lyrical but not retrograde. “Paying the price” is basically an anti-war poem. “Young poets” deals cautiously with her younger peers and “Flight” touches on the surreal.

THE STUPEFYING, by Nick Ascroft (Te Herenga Waka University Press, \$25)
You can tell that Nick Ascroft is a trickster

and joker when he produces a poem with the title “Knock Knock. Who's There? Nietzsche. Nietzsche Who? Nietzsche to Open ze Door Please a Liddle bit.” Don't take things too seriously when you find a bunch of limericks collaged from the screenplay of the cult film *Withnail & I*, or when the poem “Pishy-Caca” turns out to be pure tongue-twisting sound games. But then don't underestimate the poet's serious side, either. Ironical though they may be, a number of poems reference a broken relationship in a muted melancholy tone. Ascroft's verbal skill is a treasure. If he can write in modern free form, he also knows what canonical poetry looks like. Who else of his generation could create the likes of “Why I Changed My Surname”? It's an account of remembered schoolboy angst, told in 17 eight-line stanzas with a strict a-b-a-b-a-b-c-c rhyme scheme. Byron would have been proud. Ascroft is a poetic craftsman of many skills, one being his



Andrew Sean Greer: whimsical and clever.

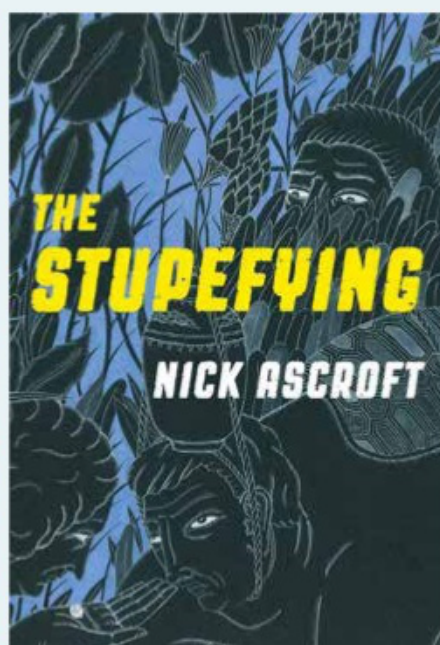
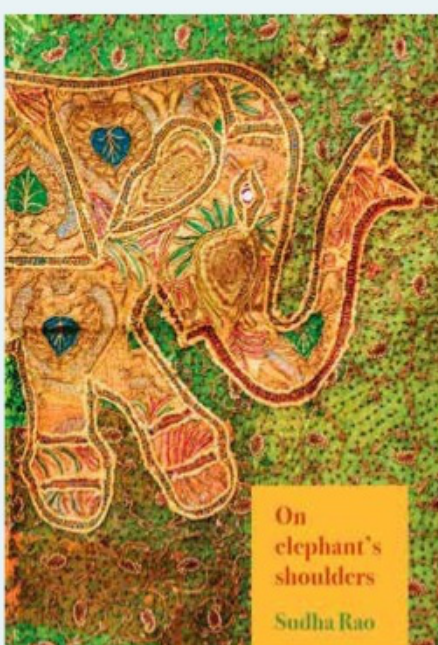
magical sunrise in the Mojave Desert, the sky “streaked with heliotrope and tawny gold as if along the crests of sand dunes”, Less thinks that “America looks fine from here”. Greer reminds us of the beauty and glory of his country, and how this is still valuable and important.

This is a novel full of gentle mishaps and jolly larks, like the joke about the

Greer reminds us of the beauty and glory of America, and how this is still valuable and important.

other literary novelist also named Arthur Less, whom Less has never met, not even on a shelf: “Our Arthur gets shelved in Queer Authors, the other in Black Authors”.

Less is Lost is whimsical and sweet, not violent or crass; it’s clever and sometimes a bit cute. It’s easy to read, with light, precise prose, with a quiet look at what love can and should be. And do Less and Freddy reunite happily? Well, reader, as Andrew Sean Greer would say, I might have to let you guess. ■



ability to be uproarious and pensive at the same time. Really stupefying.

EXPECTATION, by Tom Weston (Steele Roberts, \$25)

The opening poem of Tom Weston’s

latest collection begins “A big lump of darkness sits over the world just ahead.” This is vintage Weston, consistent with his earlier work, warning us that the world is not the easiest place to inhabit, telling us that time cannot be reversed,

bracing us to expect the worst. As much philosopher as poet, Weston prefers to write lean, sparse poems without word games but with direct, blunt statements.

Like Schopenhauer at his most pessimistic, his poem “Politics” tells us “The people’s democratic benevolence / is a rusty fake. / The wise ruler, the harmonious way, / the balm of prosperity, its drug, / they are all fake.” Like Baedeker gone berserk, his “Truth: a traveller’s lexicon” is a dyspeptic demolition of tourist destinations. Yet

there is something bracing in this sort of unapologetic jeremiad. It wakes you up like a plunge into cold water. And Weston’s poem “Intricacy” is a stunning exercise in the nature and symbolism of words. ■

GETTY IMAGES



The liberal disorder

The US political thinker who famously called the “end of history” at the end of the Cold War takes stock of what happened next.

DANYL McLAUHLAN

LIBERALISM AND ITS DISCONTENTS,
by Francis Fukuyama (Profile, \$39.99)

Let's start at the end of history. Thirty-three years ago, Francis Fukuyama was a junior policy analyst with the US State Department. In the summer of 1989, he published an essay called “The End of History?” arguing that the great ideological conflicts of the 20th century – the struggles between fascism, communism and liberal democracy – were over, and liberalism had won. Not because democracy or free-market capitalism were perfect, but because the alternative systems failed to build viable societies. Liberalism, Fukuyama argued, was the last ideology standing. A few weeks later,

the Berlin Wall came down, the Soviet empire crumbled, and the prospect of an apocalyptic confrontation between the superpowers diminished. Fukuyama's catchphrase was swept up in the optimism of the era. We weren't all going to die in a nuclear holocaust after all. Instead, we'd reached the end of history and from now on everything would be great.

“The end of history will be a very sad time,” Fukuyama wrote in the essay that made him famous but few people actually read. “The worldwide ideological struggle that called forth daring, courage, imagination and idealism will be replaced by economic calculation, the endless solving of technical problems, environmental concerns and the satisfaction of sophisticated consumer demands.” Both fascism

and Marxism were utopian ideologies – they promised heaven on earth and all you needed was a class war or race war to get there. But for liberals, there is no perfect system beckoning from beyond the revolution. There will still be wars, pandemics, disasters, inequality. Once you've reached the end of history all you can do is make existing liberal societies better, or help non-liberal ones become liberal.

When Fukuyama talks about liberalism he's not talking about left- or right-wing politics. He's talking about the political trajectory of the West over the past 400 years. His latest book, *Liberalism and its Discontents*, traces the emergence of liberalism to the wars of religion that tore Europe apart in the 16th and 17th centuries, killing an estimated one-third of the population. The



The fall of the Berlin Wall seemed to mark the triumph of Western democracy over totalitarianism. Below, Francis Fukuyama.

world is in a democratic recession. Russia is an authoritarian state launching wars of aggression while China is experimenting with a new form of AI-powered totalitarianism. In Hungary, Victor Orban promotes “illiberal democracy”; Jair Bolsonaro rules in Brazil, Narendra Modi in India, Recep Tayyip Erdoğan in Turkey; former US president Donald Trump broods and plots from his baroque golf resort-cum-palace of Mar-a-Lago. So Fukuyama wants to understand: what’s gone wrong? Why is liberalism failing?

His first culprit is the neoliberal revolution of the 1980s and 90s: the suite of economic policies that revitalised the sclerotic, state-dominated economies of

Fukuyama believes overreliance on markets to deliver consumer welfare has undermined the liberal project.

ideals that rose from the ashes gradually cohered into liberal theory, an aggregation of beliefs and institutions that enable the creation of modern democratic nation states and free-market economies.

This was a new kind of social order which could encompass diverse groups with different values without descending into religious genocide. It was based on the radical notion that individuals are moral equals and have innate rights protected by law. That was how it was supposed to work: in reality most of the history of liberalism has seen disenfranchised groups fighting to expand its system of rights and freedoms beyond the tiny circle of white male property owners recognised by its founders.

And now liberalism itself feels fragile. The

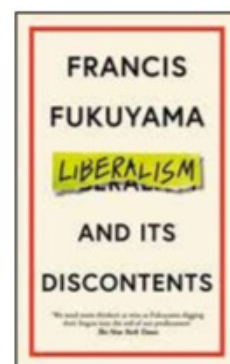
the late 70s. Markets are powerful tools for processing the vast amounts of information generated by modern large-scale economies. But they’re not magical, and Fukuyama believes that overreliance on them to deliver consumer welfare has undermined the liberal project, leading to economic outcomes that are obviously unjust. And the deregulation of the finance sector triggered the global financial crisis of the late 2000s. Neoliberalism, he points out, is not even good for the economy and he advocates a course correction back towards something resembling the regulatory and welfare states of the mid-20th century.

He also takes issue with identity politics. As with neoliberalism, he sees this as liberal theory disappearing down its own rabbit hole. The pursuit of individual autonomy – especially by minority groups who’ve been denied

the rights and opportunities liberalism is supposed to extend to everyone – curdles into an obsession with rigid group identities based on ethnicity, gender or sexuality. It flattens us all down so that we only exist socially as representatives of our identity classifications: white men, people of colour, the LGBTQI+ community, all locked in a permanent state of antagonism with each other.

And, finally, Fukuyama has a problem with “postmodernism”, shorthand for critiques of liberalism once associated with the intellectual left but which are now rapidly metastasising through our society. The work of Michel Foucault, once a darling of the left and now a key influence on the populist right, plays a crucial role here. For Foucault, the institutions of liberal modernity – schools, hospitals, universities, scientists, courts, the media – can never be apolitical. Instead they are all oppressive: systems of control that present themselves as neutral so that their authority is never questioned. Everything is a social construct at the service of power. And if you follow this logic – as many on the right did during the Covid pandemic – masks and lockdowns and vaccines aren’t public health measures, but sinister manifestations of domination and control. Yet again, this is a valid critique of 20th-century liberalism taken to a dangerous extreme.

Fukuyama is a brilliant political theorist, and it’s hard to disagree with his diagnosis. But I wonder if he was on to something 30 years ago. Because if you look beyond neoliberalism, identity politics and postmodern theory, there’s a simpler, deeper problem with liberal societies. Many of the people who live in them are sad. Citizens of liberal nations don’t have many children – it’s too expensive. We’re older; we’re increasingly depressed or anxious; or we’re medicated, sedated, comfortably numb. Life expectancies in most liberal societies are plateauing or declining, the result of suicides, lifestyle diseases, drug and alcohol addictions: deaths of despair. Our art is bad. Perhaps liberalism’s true discontents aren’t economists or philosophers or right-wing populists, but rather those who find themselves living in this sadness at the end of history and wondering if this is really all there is. ■



STAT
OF THE
WEEK

Stats NZ
Tatauranga Aotearoa

HAPPY
Birthday

to the
15,400 Kiwis
born on the 29th of
September – the most
common birthday in NZ

Learn more at stats.govt.nz

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NZ

MC

NEW ZEALAND MEDIA COUNCIL

BRIDGE by David Bird

NORTH
♠ A 9
♥ K 7 5
♦ Q 8 7 3 2
♣ A 7 5

WEST
♠ 10 8 6
♥ Q 10 3
♦ K 9 6
♣ Q J 10 2

EAST
♠ 5
♥ J 9 8 6 2
♦ A J 10 5
♣ 9 8 4

SOUTH
♠ K Q J 7 4 3 2
♥ A 4
♦ 4
♣ K 6 3

Love all, dealer South

West	North	East	South
—	—	—	1S
Pass	2D	Pass	4S
Pass	6S	All Pass	

North's bid on the second round is known as a "Landy slam try" (named after the eminently practical bidder Sandra Landy, a former world champion). You bid a slam and partner tries to make it. Regardless of any opinion you may have of the bidding, how will you play the slam when West

leads the queen of clubs? You need to set up a long diamond, on which you can discard your club loser. Even if diamonds break 4-3, the three obvious entries to the dummy will not be enough to allow you to ruff three diamonds and then return to enjoy the established long card in the suit. Your best chance is to seek a fourth entry to dummy by finessing dummy's nine of trumps. You win the club lead with the king and lead a diamond. East wins and returns a club to dummy's ace. You take your first diamond ruff and, trying not to look worried, play a trump to dummy's nine. Yes! It wins. You ruff a diamond with a high trump, everyone following, return to dummy with the ace of trumps and ruff another diamond high. You can then draw West's last trump, cross to dummy with the king of hearts and discard your club loser on the established diamond. Well bid, partner.

BIDDING QUIZ

WEST	West	North	East	South
♠ 6	—	—	1D	Pass
♥ J 9 8 2	?			
♦ K J 7 2				
♣ J 10 8 2				

What will you respond on the West cards? (Answer on page 58.)

TAKE 5 by Simon Shuker

	1	2	3	4	5	
1		3		6		7
7		8	3	9		9
4	7	8		6	3	9
3		3	8	8		6
1		8		5		1
	7	10	3	9	5	

No.1432

Enter the letter given, then solve.

10 = G

Solution 1431

	O	F	T	E	N	
R			E			A
E		T	E	A		C
F	E	W		W	O	
E		O	D	E		R
R			O			N
	F	A	T	E	D	

BARDEN'S CHESS PROBLEMS

Grigoriy Oparin v Alexei Shirov, Moscow, 2016

In today's puzzle, the solution is blindingly obvious, n'est-ce pas? Wrong! Oparin did play 2 dxc8Q, but Shirov still got counterplay and they drew after many complications. Instead, White (to move) can checkmate in four moves. How? (Answer on page 58.)

Puzzle No 1668

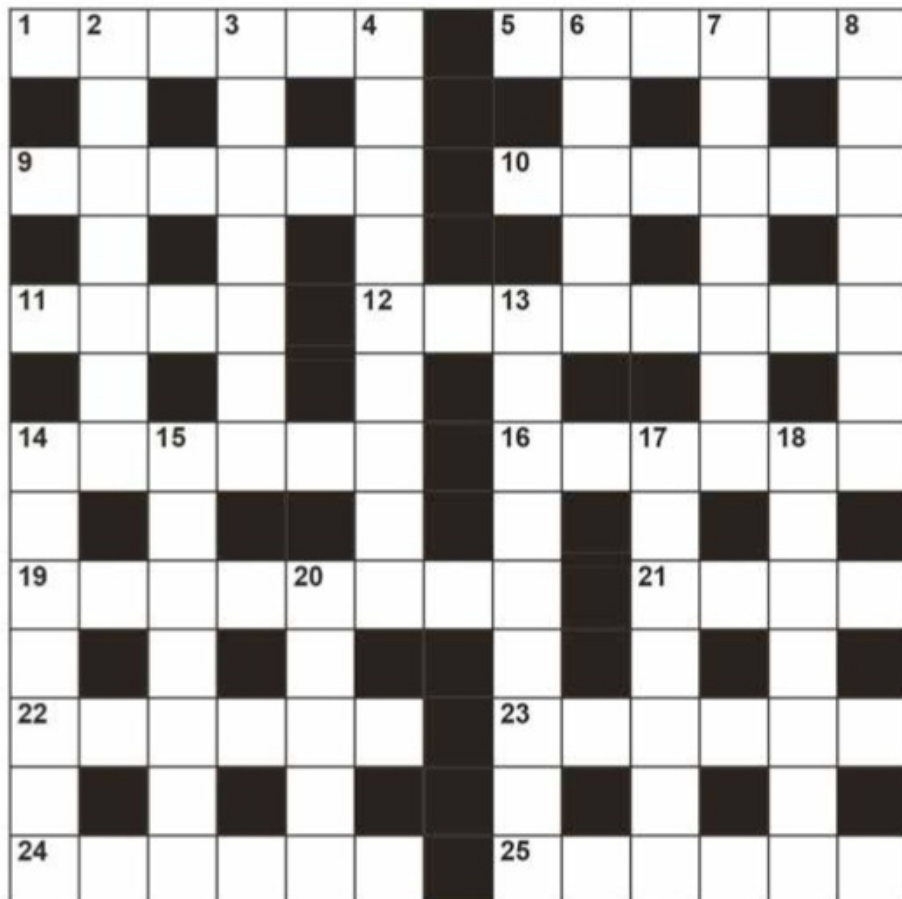
Clues across

1. According to the former North Korean leader's official biography, Kim Jong-il composed six what? (6)
5. What is the largest city on Belgium's coast? (6)
9. What sticky part at the top of a flower receives the pollen? (6)
10. What was the first sheep breed brought to New Zealand in large numbers? (6)
11. Montenegro and North Macedonia are the most recent members of what? (4)
12. Which German family supplied rulers to several European states from the late Middle Ages until the 1900s? (8)
14. What horny substance forms part of the exoskeletons of insects and arachnids? (6)
- 16/19. Who was offered the role of Israel's president in 1952, but declined? (6,8)
21. What city lies at the confluence of the Irtysh and Om Rivers? (4)
22. What hand tool is used by a plasterer? (6)
23. From German, what is a substitute, usually an inferior one? (6)
24. What rough-skinned, reddish-brown apples are a source of cider? (6)
25. What plum-like fruit is

popular for preserves and jams? (6)

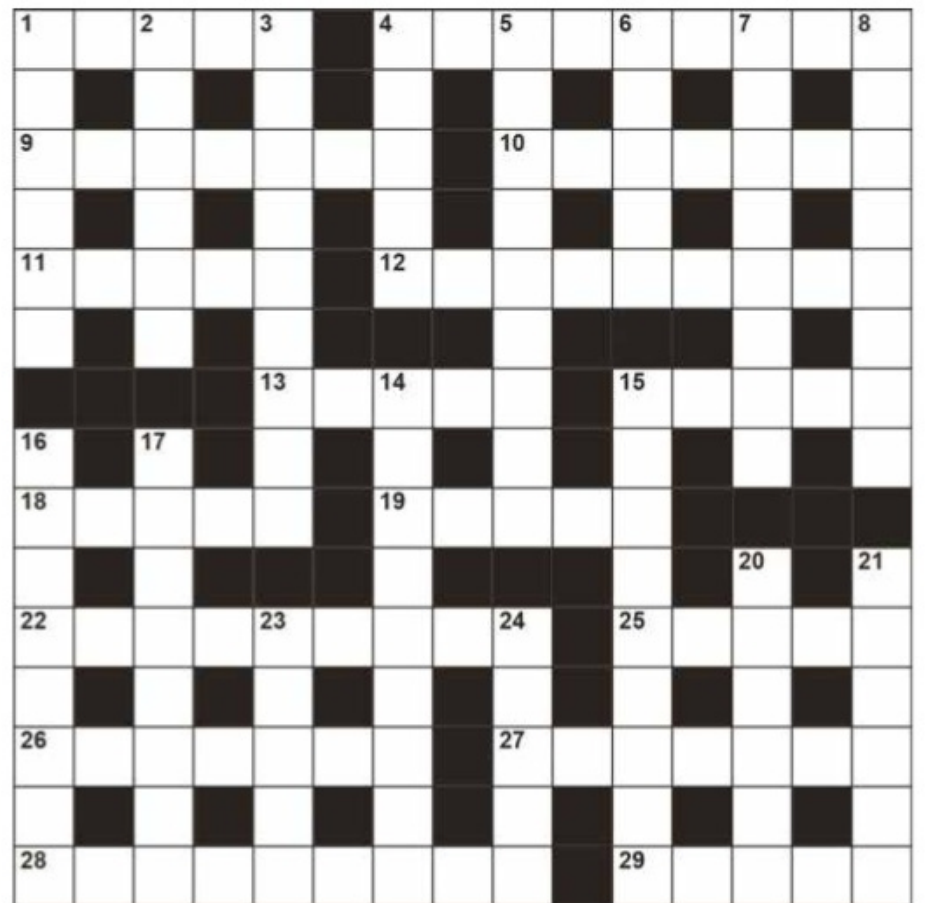
Clues down

2. Upon winning at Wimbledon in 1987, who climbed into the stands, starting a tradition? (3,4)
3. What weed with yellow daisylike flowers is toxic to livestock? (7)
4. From Shakespeare's *The Tempest*, what describes a profound transformation? (3,6)
6. A vault in an icy mountain on Norwegian island Spitsbergen holds millions of what? (5)
7. What is a person devoted to quality food and drink? (7)
8. What is a prolonged period of abnormally low rainfall? (7)
13. What Peter Jackson zombie comedy film has gained a cult following? (5,4)
14. Actors Daniel Craig, Emma Cuniffe and Basil Radford came from which city in England? (7)
15. What describes rock solidified from lava or magma? (7)
17. What is a flower on a fruit tree? (7)
18. The name of what dish is based on the Italian word for rice? (7)
20. What is a piece of music that recurs in or accompanies the beginning and/or end of a film? (5)



Solution 1667 Across: 1/4 Swing on vines, 7 Vole, 8 Smocking, 10 Non-fiction, 12 Wah-wah, 13 Cheese, 15 Hurdy-gurdy, 18 Edmonton, 19 Hock, 20 Dinar, 21 Thiamin. **Down:** 1 Seven, 2 *Iolanthe*, 3 Numpty, 4 Victor Hugo, 5 Nail, 6 Signore, 9 Tina Turner, 11 Heirloom, 12 West End, 14 Adroit, 16 Yukon, 17 Oman.

Puzzle No 1300



Clues across

1. An outlaw who would steal mask from makeshift construction (5)
4. Unusual cat's pride in being accomplished (9)
9. Being spontaneous and unaffected is an indication that you have to cancel the flat (7)
10. E-tailer represented an artist's studio in Paris (7)
11. Flower at hospital from Kerry, perhaps (5)
12. What the hostess does: come in with thanks at home (9)
13. Accepted practice in employment (5)
15. Dullards told different story at first (5)
18. Somewhere over the rainbow (or just over the sea) one makes gas (5)
19. Complete "some Pashto Taliban ..." (5)
22. Far out: yours truly with job producing a basic structure (9)
25. Going west, some journalism regularly reveals sources (5)

26. Ratbag says make your clothes and plant your seeds (2-3-2)
27. Formerly included in time trials. Now totally inactive (7)
28. Do try seed mixture to become spifflicated (9)
29. Prepare a frock (5)

Clues down

1. You French? No, German. Adjust your radio! (4,2)
2. Greenlander comes about time to understand instinctively (6)
3. Rustic address could make her famous (9)
4. Even bits of opium listen for a heartbeat (5)
5. Likely to get male painters in for the flat (9)
6. His or her article on inland revenue (5)
7. Legal action, clever and fitting (8)
8. Ask nerds out after nightfall (8)
14. Reassemble Roman toys for scientific work (9)
15. Most pleased to be removed from the glare? (9)
16. Swindler melted at sea (8)
17. Don's away being refashioned in the contemporary world (8)
20. Terrible bore goes around Aotearoa getting third place (6)
21. The way things are now with information technology in the Australian Institute of Sport (2,2,2)
23. The more mature slice of Red Leicester is put back (5)
24. Massage in naked frolic (5)

Solution No 1299



su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

			9				5	
8				6				
	3		4		5		7	9
4		2	6		7			
5								1
			1		8	7		2
9	8		3		1		2	
				2				8
	2				4			

845 MEDIUM

	5	9					6	
				6		5		
		8	5		2	3		
4			8					5
6					9			2
		3	1		6	2		
		2		4				
	8					1	5	

656 HARD

LAST WEEK'S SOLUTION

3	8	1	6	7	9	4	2	5
7	6	5	4	2	1	8	9	3
2	9	4	8	5	3	6	1	7
6	3	9	5	8	7	2	4	1
8	5	2	1	9	4	7	3	6
4	1	7	2	3	6	5	8	9
5	4	3	9	6	2	1	7	8
9	2	6	7	1	8	3	5	4
1	7	8	3	4	5	9	6	2

LAST WEEK'S SOLUTION

3	1	8	6	7	9	4	2	5
7	6	5	4	2	1	8	9	3
9	4	2	8	5	3	6	1	7
6	7	9	5	3	8	1	4	2
8	5	3	1	4	2	9	7	6
4	2	1	7	9	6	3	5	8
5	8	4	3	1	7	2	6	9
2	3	7	9	6	4	5	8	1
1	9	6	2	8	5	7	3	4

KAKURO

819

	23	36		13	11	26		8	18	21
13			19				23			
		8					21			
21						11				
					16					
18			19					9		
							23			
10				30						
		39		11						
	6			7			4			
	8					10			44	24
7				29						
			38							
19					34					
					30					
41							11			
		10			6			15		
		14			10					13
	20									
	10					24		8		
4			30					9		
			16				6			
18					23					
23					20					

- 1. Place a number from 1 to 9 in each empty box.
- 2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
- 3. Numbers may be used once in each block.

LAST WEEK'S SOLUTION

	8	4		1	9		1	5		
6	5	1	4	3	2		4	7	9	
8	7	2	9		4	3	6	9	8	7
9	6			2	1	4	3	8	6	5
	3	8	9	6			2	6		
		4	5		3	2		1	2	3
6	5		8	9	4	6	7		4	8
3	1	2		6	2		6	2		
		4	1			2	1	3	9	
5	6	8	7	3	4	9			3	9
6	7	9	8	4	2		1	8	2	6
	1	7	3		1	5	2	3	4	7
		6	2		3	1		9	5	

BRIDGE BIDDING QUIZ SOLUTION

Many players would respond 1H ("in case we have a fit there, partner"). When your hand is so weak, it is better to show the diamond support immediately. If you bid 1H, North is almost certain to bid spades and the bidding may be too high for you to mention the diamond support on the next round. Also, if partner did have a heart fit, the opponents would have a big fit in spades.
Awards: 2D - 10, 1H - 7, 1NT - 2.

CHESS SOLUTION

1 Re8+ Rxe8 2 Rxe8+ Qxe8 3 dxe8Q+ Bxe8 4 Qf8 mate.

10 QUICK QUESTIONS ANSWERS

- 1. Philippines is a former colony of Spain.
- 2. The Marsh Sheffield Shield is Australia's first-class domestic cricket competition.
- 3. Singlet.
- 4. Instant coffee.
- 5. *Starlight Express*.
- 6. *The Starry Night* by Vincent van Gogh is housed in New York City's Museum of Modern Art.
- 7. Daphne du Maurier.
- 8. True, wild rabbits can swim confidently if the need arises.
- 9. *Roman Holiday* (1953) stars Audrey Hepburn.
- 10. Bone.

LOGIC PUZZLE MOVING PICTURES

Four moviegoers each attended a different movie at a different time on the same day:

- Regarding the films *Trauma City* and *Sunset Dream*, one was watched by Bruno and the other started at 4pm.
- Daphne's choice of film started two hours before Hector's.
- The film *Valour 3* played two hours later than the film *Trauma City*.

Using these clues and the grid below, can you work out who watched which movie and at what time?

		MOVIEGOER				MOVIE			
		Bruno	Daphne	Hector	Maggie	Area 22	Sunset Dream	Trauma City	Valour 3
TIME	2pm								
	3pm								
	4pm								
	5pm								
MOVIE	Area 22								
	Sunset Dream								
	Trauma City								
	Valour 3								

You may write your answers in this grid:

MOVIEGOER	MOVIE	TIME
Bruno		
Daphne		
Hector		
Maggie		

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

21	23	24	8	5	11		1	6	23	18	23	12
3		8			23	25	8			4		10
2	7	23	25		6		14		B	3	23	16
12		26	16	15	17		5	6	8	7		14
3			6				8		20			5
6	3	19	16	4	3	M	2		Y	23	5	2
	6				23		3				23	
14	23	6	2		6	3	2	3	14	22	24	3
23			7		14				16			23
2		24	23	14	23		22	23	1	9		12
1	24	16	22		6		16		10	23	13	3
8		23			9	3	25			24		6
12	6	16	14	5	2		2	23	26	3	24	11

1	2	3	4	5	6	7	8	9	10	11	12	13
										Y		
14	15	16	17	18	19	20	21	22	23	24	25	26
M								B				

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

W A T C H

— — — — —

— — — — —

— — — — —

— — — — —

M O V I E

SCATTERWORD



Your aim is to create words of four letters or more using the given letters once but always including the middle letter. Do not use proper names or plural/verb forms that add only "s".

See if you can find the nine-letter word using all the letters.

19 GOOD
24 VERY GOOD
28+ EXCELLENT

Last week's solutions. Logic Puzzle: Barbara ended with yellow in seven minutes, John ended with blue in three minutes, Millie ended with red in six minutes and Peter ended with white in five minutes. Scatterword: APATHETIC, apatetic, capitate, pathetic, apatite, hepatic, haptic, apace, cheap, peach, epact, patch, pitta, pitch, cape, pace, chap, pica, pact, heap, pate, peat, tape, path, epic, chip, pith. 27 words. Permutate: BLOCK, BLACK, BLEAK, BALED/BLADE, DEALT/DELTA, ADEPT Clueless crossword:

1	2	3	4	5	6	7	8	9	10	11	12	13
V	J	H	B	P	D	U	F	N	W	Q	X	T
14	15	16	17	18	19	20	21	22	23	24	25	26
K	M	C	A	Y	R	E	O	G	S	Z	L	I



Having a field day

After celebrity chef Nadia Lim and husband Carlos Bagrie traded in their city life for the trials of running an agri-business near Arrowtown, they turned it into a TV series. **by RUSSELL BAILLIE**

It's just finished lambing season at Royalburn Station – or as it will soon be known to television viewers, *Nadia's Farm*. In case we needed reminding, as the *Listener* starts its Zoom interview about the show

with Nadia Lim's husband and now co-star Carlos Bagrie, she arrives in the kitchen carrying a lamb. Not all of Royalburn's thousands of Perendales have indoor privileges. This one just needed rescuing after heading off-piste with the family dog.

Lim does a spot of improvised goat-herding in the first show of the series. Having become a household-name culinary and publishing brand after her 2011 *MasterChef NZ* title, predictably, there is some cooking, too. In the first episode, it's coq au vin making

use of a couple of culled roosters from the farm's home flock.

But *Nadia's Farm* isn't a show about Lim in the kitchen or her family's bucolic lifestyle among alpine scenery – Royalburn sits on the Crown Terrace below the Crown

Range and above Arrowtown. It's the sort of spot where you expect the livestock to be on Instagram.

The programme is also about how the couple have applied their respective nous to turning what was a 143-year-old 485ha sheep and barley farm into a diversified, mixed-system agri-business. One that sells market garden produce, cereals, seeds, honey and eggs, as well as premium sheep meat and game from their own abattoir and butchery, among other products. Much of it goes wholesale to the hospitality trade around

“It made sense for Carlos to feature more in it than me because he’s the actual farmer.”

the region. They also have a farm shop in Arrowtown.

“We wanted to create a whole genuine farm-to-plate farm,” says Lim. “I don’t know any other farm that is true direct farm-to-plate. You hear lots about farm-to-plate, but it’s not actually farm-to-plate.”

Lim had another reason to shift her focus to the business of food production after most of her working life spent in offering expert advice, whether as a clinical dietician specialising in diabetes before her *MasterChef* NZ win or in her career since.

“From my perspective, I’ve been involved for the past decade in food and cooking and encouraging people what to eat through My Food Bag and the cookbooks and the cooking TV shows and everything. And I felt like a bit of a phoney, actually, because I was going, ‘I’m telling you to

use this ingredient, but how much do I actually know about its journey behind the plate?’ It’s my personality that I need to know everything about it to be able to speak truthfully and confidently about it. I felt a real responsibility to be involved in primary production and complete that full circle.”

Bagrie is from a long line of Southland and Otago farmers – his grandfather and great-grandfather

subdivide it. This would have been the end for one of the last major farms in the Whakatipu Basin where much of the terrain is now covered in grapes or golf balls.

Going out in front of the cameras, Bagrie says, is a leap, but, like his wife, he’s something of a natural.

“He’s better talent than me,” laughs Lim. “He features more than me in the show. It made sense for Carlos to feature more in it than me because

really interesting balance,” says Bagrie. “What you want to do is hold the average viewer’s interest, because if we went hard just talking about the science, you’re going to lose people. There is no way the average punter wants to watch that. What we’re trying to do is thread those stories through an episode, where we can talk about what farming at scale looks like, but then equally, try to make it entertaining enough that people want to see it through to the end.”

For city dwellers, *Nadia’s Farm* offers a crash course in farm economics, and the ins and outs of agricultural sustainability and the practicalities of permaculture as well as the use of fertilisers, pesticides and fungicides and how they can affect crop yields and prices. It’s not out to preach, says Bagrie, just show what works at Royalburn, and occasionally what doesn’t.

The show also, somewhat discreetly, shows that life on the farm can be a little grisly around the edges. Lim talks with enthusiasm about hot composting they’ve done using wilding pines as mulch and the offal and carcasses from their abattoir. The home-kill facility means they aren’t sending sheep off in trucks to a works hundreds of kilometres away.

“The animals live a great life on the farm,” says Lim. “Basically, they’re born here, raised here and die here, and the whole process for them takes less than eight seconds. Bang, gone. They don’t have to go through any of that stress.”

“Someone asked me, ‘What shocks you since moving to the farm?’, and I was like, ‘Nothing’s really shocked me, but you’re definitely reminded that nature isn’t Disneyland.’” ■

Nadia’s Farm, Three, from Wednesday, October 5, 8.40pm



Nadia Lim with husband Carlos Bagrie and sons Bodhi and River.

farmed Queenstown Hill, which is now a backdrop to the tourist town’s growing suburbia. He and Lim met at the University of Otago, where he was studying marketing, but he told her early in their relationship that one day he was determined to go back to his rural roots.

Having helped establish “brand Nadia” as well as meal-delivery start-up My Food Bag, the pair bought Royalburn six years ago and shifted from Auckland to start farming there themselves in 2019. Before its sale, they say, the station had been left to run down, as there were plans to

he’s the actual farmer.”

Lim is quick to say the show’s name wasn’t her idea and that she worries it might leave the impression it’s about her running around in her vegetable garden with a few chooks, like she’s been known to do on the cover of her quarterly magazine, *Nadia*, which will soon be publishing its final issue.

No, it’s not all gambolling with baby goats. Though it’s not quite a one-stop *Country Calendar*, either – the makers of the show like a bit of reality television faux-jeopardy in the narration.

“It’s trying to strike this

FILM

Death trap

A new stab at an Agatha Christie spoof has real charm.

SEE HOW THEY RUN

directed by Tom George

The old-school whodunit is seemingly back in vogue following the runaway success of 2019's *Knives Out*, the brilliant Daniel Craig-led, Oscar-nominated parody, and Kenneth Branagh's less-brilliant remakes of Agatha Christie's *Death on the Nile* and *Murder on the Orient Express*.

See How They Run is another stab at sending up the genre, but it's also something of a Christie mystery history lesson as well as a backstage drama. It's set in London's West End in 1953, as Christie's



murder mystery *The Mousetrap* is 100 performances into what will become a run of 68 continuous years until the pandemic briefly shut it down in 2020. One of this film's funniest riffs is having countless characters say, "I haven't seen it yet."

Hollywood film director Leo Köpernick (Adrien Brody)

arrives with the intention of adapting the play into a movie, to the objection of various parties. No sooner has his voiceover offered a prescient "it's always the most unlikable character who gets bumped off" than he's found dead backstage.

Enter a scene-stealing Saoirse Ronan and Sam

Rockwell as the coppers assigned to the case where the suspects are a mix of theatre and movie figures, some based on actual people. David Oyelowo has uncharacteristic fun as a camp screenwriter and Harris Dickinson delivers a tremendous impersonation of the young (real-life) Richard Attenborough, in his post-*Brighton*

Along for the ride

A debut feature has dark comedy and a telling message.



HIT THE ROAD

directed by Panah Panahi

On a frustratingly stop-start family road trip, a young man, Farid, is accompanied by his mother, father and little

brother as they traverse the Iranian countryside towards an undisclosed destination.

Pausing for toilet breaks, the occasional cigarette and to let the dog out, mum and dad

try to keep things light with a constant stream of jokes and jibes, while little bro natters away in the backseat, oblivious to the journey's real purpose. Only Farid, bespectacled and

sombre, drives in silence as if en route to his execution.

Context is all in appreciating the dark comedy of director Panah Panahi's debut feature. The son of celebrated Iranian

See How They Run: scene-stealing Sam Rockwell and Saoirse Ronan.

Rock era. Pearl Chanda is great as Attenborough's actress wife Sheila Sim (the couple both acted in *The Mousetrap*'s first run), and everyone talks about "Agatha" like they know her, because they actually do.

fast-paced dialogue, there's a further mystery – why TV director Tom George's feature debut feels so flat. Ronan's puns delight, but Rockwell's mumbling introvert wastes the actor's inherent charm.

The supporting cast of English telly faces are solid, but don't get much chance

No sooner has his voiceover offered a prescient "it's always the most unlikable character who gets bumped off" than he's found dead.

This melange of fictional characters and real people can feel befuddling, but placing the made-up murders in a real time and place is part of the film's playful charm. So, too, are the in-jokes in character names such as Rockwell's Inspector Stoppard, clearly a nod to playwright Tom, whose spoof of *The Mousetrap*, *The Real Inspector Hound*, even gets a line: "He was a real hound, Inspector." (Ba-dum-cha!)

With all of this self-referential stuff going on amid much

to shine. While the music is wonderful, the editors rely on showy split screen and whip pans when tightening the chatty scenes would have sharpened the laughs.

Still, it's all prettily executed, and if you get the references, you'll find it dreadfully clever. Or maybe, as Köpernick says before he's cruelly silenced: "If you've seen one, you've seen 'em all."

★★★★

IN CINEMAS NOW

Sarah Watt

Hit the Road: dialogue that often feels like early Tarantino.

director Jafar Panahi, who is serving six years in jail for producing "anti-Iranian propaganda", Panah is clearly protesting his father's, and other film-makers', unjust treatment.

But Panahi Jr's script also undercuts this gravity with long, static camera shots enabling the fantastic actors (including eight-year old Rayan Sarlak) to flesh out their roles as they riff wittily back and forth. Punctuating the tacit tension, there's an amazing musing on Lance Armstrong's downfall, with the dialogue often feeling like early Tarantino, with its flow of pop-cultural commentary

and occasional cursing.

Panahi Jr had to write a dummy script in order to secure shooting permits from the authorities, who "recommended" he include a strong moral at the end of his (ultimately unfiled) tale.

But Panahi clearly felt the freedom (or lessened risk) to do as he wanted. Though the meandering excursion never quite reaches a fully dramatic climax, *Hit the Road* is a gently emotional roller coaster that has you chuckling one minute, pensive the next. "One day we'll laugh at all this," says the mother with false brightness, tears welling. For the viewer, it's after the laughter that the message hits home. ★★★★★

IN CINEMAS NOW

Sarah Watt



Gerard Depardieu, right, in *Maigret*.

Into the shadows

A famous French detective makes a mildly engaging comeback.

MAIGRET

directed by Patrice Leconte

Just like a certain Monsieur Holmes, Commissaire Jules Maigret has been played by a fair few actors of a fair few nationalities over the years. Among the Brits playing the Parisian sleuth, there has been Charles Laughton, Richard Harris, Michael Gambon and Rowan Atkinson.

Relatively speaking, the French screen industry hasn't been as enthusiastic for the many Maigret detective works of Georges Simenon since Jean Gabin last portrayed him in the 1960s. Putting Gerard Depardieu in the role might seem like an idea whose time has come, especially when combined with sporadically great director Patrice Leconte, whose 1989 breakthrough film *Monsieur Hire* was based on a non-Maigret Simenon novel.

Depardieu certainly brings to the role a familiarity with the French justice system – he's still under investigation in France for the alleged rape of a 22-year-old woman in a case that has been in and out of court since 2018. So, his casting in a film in which Maigret becomes concerned about the vulnerable young women flocking to post-war Paris from the provinces has a certain *je ne sais quoi*.

Here, Leconte has taken the 45th Maigret novel, *Maigret et la Jeune Morte* (*Maigret and the Dead Girl*), and turned it into an atmospheric mystery that's more pensive character study than compelling whodunit. One with its own droll wit, like a joke involving Maigret's trademark pipe and the one in René Magritte's famous painting *This Is Not a Pipe*.

Depardieu certainly gives it his brooding, lumbering best as the melancholic gendarme as he investigates the murder of a young woman found in a park in a blood-soaked evening dress. One lead involves her work as an extra at a prominent Paris film studio. Along the way, he helps a homeless woman he encounters while doing his legwork, and he remains a dutiful husband to his wife. It's all over in less than 90 moody minutes in a mildly engaging, old-fashioned detective film that looks like it could have been made in any year since the book it's based on was written.

Undoubtedly, Depardieu's girth casts a big shadow, but it's a movie that is certainly on the dim side. *Maigret* may be set in the City of Light, but here, it appears no one has found the on-switch. ★★★★★

IN CINEMAS NOW

Russell Baillie

Life in many chords

Shayne Carter is taking his classical bent to concerts with the NZSO. **by RICHARD BETTS**

If there's a thread running through Shayne Carter's life, it's dissonance.

He wears that dissonance on stage, where he is a hunched and twisted presence, Richard III with a guitar and a back catalogue of classic songs. Every photo of Carter shows his handsome face contorted into a sneer, discord incarnate.

Most of all, you can hear dissonance in his music. It's as if he births perfect pop songs, then gives them a near-fatal shake. A weird note in the middle of a standard chord here; a five-beat bar randomly thrown in there. This is the connective tissue linking the bratty punk of his teen bands Bored Games and Doublehappys to the iconic Straitjacket Fits, and on to the menacing lizard-funk of Dimmer and his more recent incarnation as a solo artist at the piano.

"I just try to avoid clichés," says Carter, who, when we speak, is on tour with Dimmer. "I can't stand songwriting where you can predict the chord changes, everything's in four, here's the bridge. To the outsider, my songs may seem messed up, but to me they make sense."

The question is whether those songs will still make sense with an orchestra driving them; Carter has concerts with the NZSO as his backing band. He's played these sorts of things before with the Dunedin Symphony Orchestra. But this time, he's exerting more control and he's determined this will be different to your average rock 'n' orchestra gig.

"I've loved my [orchestra] concerts. I felt like Frank Sinatra," he says. "But generally, when I see orchestral arrangements of rock tunes, they put in all these

embellishments that to my mind are completely unnecessary. My main thing was to use what was there. You don't have to put in a fiddly flute."

Carter is placing his trust in the orchestral arranger, Tane Upjohn-Beatson.

"I said to Tane, I don't want bass, I don't want drums, I'd like to attempt an integration of the tune in the orchestra and make a convincing marriage."

At least Carter's most famous song, *She Speeds*, already has cello. Shame he's not playing it.

"When [the NZSO] asked what songs I wanted to do, I wanted to do all songs off my piano album [*Offsider*]. 'What about *She Speeds*?' 'No, I'm not gonna do *She Speeds*.'"

It won't all be songs from *Offsider*. There are a couple of Dimmer tracks, too, and one Straitjacket Fits song, *If I Were You*, made it to the final list. Also, from way back in the archive is *Randolph's Going Home*, a 1986 single recorded with Peter Jefferies about the death of friend and bandmate Wayne Elsey. Carter, in his

Ockham award-winning autobiography *Dead People I Have Known*, says it's perhaps the best song he's written. Decades on, do these older pieces still have meaning for him?

"I can pull out those tunes and I can play them because they still feel good and they

"My main thing was to use what was there. You don't have to put in a fiddly flute."

still feel true," he says. "A good tune is a good tune; it will always be a good tune. That's why rock from the 1950s still sounds good, or something from the 1780s still sounds good."

Carter knows his tunes from the 1780s. He's been exploring classical music much of the past decade and he's been a regular at classical performances. The first half of his NZSO concert will feature

Shayne Carter: "No, I'm not gonna do *She Speeds*."

some of his favourite orchestral pieces, including works by Schubert, Mozart and Handel along with the avant-garde likes of Gérard Grisey and Giacinto Scelsi.

"All of the pieces have elements I relate to as a writer and a musician. There's something off-kilter about them, there's haunting bits in there, there's melody – I'm not averse to a beautiful melody. There's also some quite grating and discordant stuff." Of course.

As well as performing with and programming orchestras and writing award-winning books, Carter these days often pops up in other expectation-confounding places. He's collaborated with taonga pūoro exponent James Webster for contemporary dance company Atamira, and played on stage in actor Michael Hurst's theatre run of *An Iliad*.

Just before the pandemic, Carter did three months as artist-in-residence at a creative hub in Bangkok. Next month, he's a guitarist in Don McGlashan's band on a national tour, having played on the songwriter's latest album. Is Carter actually a secret Renaissance man who for 40 years has been trying to seem punk?

"I still feel quite punk," he says. "I still feel like a bit of an outsider, but I like that. It was a terrible drag when the people in [musical instrument store] the Rockshop started being friendly to me. I liked it when I was 17 and they were as condescending as hell. Hopefully, they'll start being unfriendly to me again soon." ■

Bright Sparks – Shayne Carter and the NZSO, in association with the NZ Listener. Christchurch Town Hall, October 8, 7.30pm; Dunedin Town Hall, October 15, 7.30pm.

MUSIC

GRAHAM REID



Specialist subject

The Beths' grip on power pop with burred edges and lyrical angst keeps them ahead of their peers.

EXPERT IN A DYING FIELD,
by the Beths

When the Beths played to a capacity crowd at the Auckland Town Hall in November 2020, an excitable group of late-teen girls waited outside an hour before the doors opened. However, despite the band's standing with that demographic, they were in the minority. A large proportion of the crowd were in their late 30s and a considerable number unquestionably forty-something. But many knew every word singer-songwriter Liz Stokes delivered, and bayed in anticipation when guitarist Jonathan Pearce stepped forward for another fist-tight solo.

Their second album *Jump Rope Gazers* (2020), released shortly before their Town Hall showing, confirmed their grip on energetic, post-punk power pop; there'd been international touring and critical acclaim by important taste-makers at *Rolling Stone*, *Stereogum* and *Pitchfork*. It won them that year's Tūi for best album ahead of stadium acts Six60 and L.A.B. Helped by smart but inexpensive videos and a personable social media

presence, the Beths had gone from indie rock favourites to mainstream acceptance.

The reason for their wide appeal from teens to middle New Zealand is because the Beths write half-familiar, exuberant, economical and immediately enjoyable pop-

Stokes' open-heart surgery on her emotions and assured delivery are their point of difference.

rock with burred edges. The added dimension is Stokes' self-deprecating, wry, anxious and self-doubting lyrics.

If their bristling pop hooks don't always surprise – those a decade or two older than the band could pick influences from chorus-crafters Blondie, the Buzzcocks, the Cars, Exponents, Lemonheads, Courtneys and Taylor Swift – then Stokes' lyrics elevate them.

The opening lines of *Expert in a Dying Field*'s title track

Half-familiar and immediately enjoyable: the Beths' third album.

announce the break-up angst at the album's core: "Can we erase our history, is it as easy as this? ... I can close the door on us but the room still exists and I know you're in it."

Knees Deep is replete with a water metaphor; the furious words of *Silence Is Golden* arrive at breakneck speed with a guitar shred matching Stokes' emotional white noise; the failed relationship is dealt to on the punchy *Best Left* ("to rot"). *Your Side* captures the intersection of love and need; uncertainty anchors the power pop of *Change in the Weather* ...

Expert in a Dying Field is a continuum of the Beths' taut, established sound but Stokes' insightful open-heart surgery on her emotions and her assured delivery are their point of difference in a very crowded field. ■

Expert in a Dying Field is available now digitally, on CD and vinyl.



TV PREVIEW



Hard-won lessons

Despite what is already known about children with neurodiversity, many families aren't getting the help they need. **by RUSSELL BROWN**

DOCUMENTARY NZ: KIDS WIRED DIFFERENTLY, TVNZ 1, Tuesday, October 4, 8.40pm

The way in which society understands autism and ADHD in children and young people has become more sophisticated in recent decades. We even have a word – neurodiversity – that acknowledges that this is a cluster of overlapping conditions and even reframes difference in positive ways. Yet the message from *Kids Wired Differently* is that for many families, not a lot has changed. That in desperately seeking support, parents risk being blamed and bullied by the system.

It's why Nathan King, the former frontman of the band

Zed and a judge on *Popstars*, decided to appear in the documentary with wife Rachel and their son Theo, 12, who has been diagnosed with autistic spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD) and has been expelled from two schools for difficult, sometimes violent, behaviour.

"We did feel bullied by the system," King says. "It's one thing to have a child who's disruptive and is causing issues within the schooling system. But having the finger pointed at us as parents, being told it's our fault, heaping a whole lot of blame on us, is something quite different. That's not okay. And it didn't need to happen."

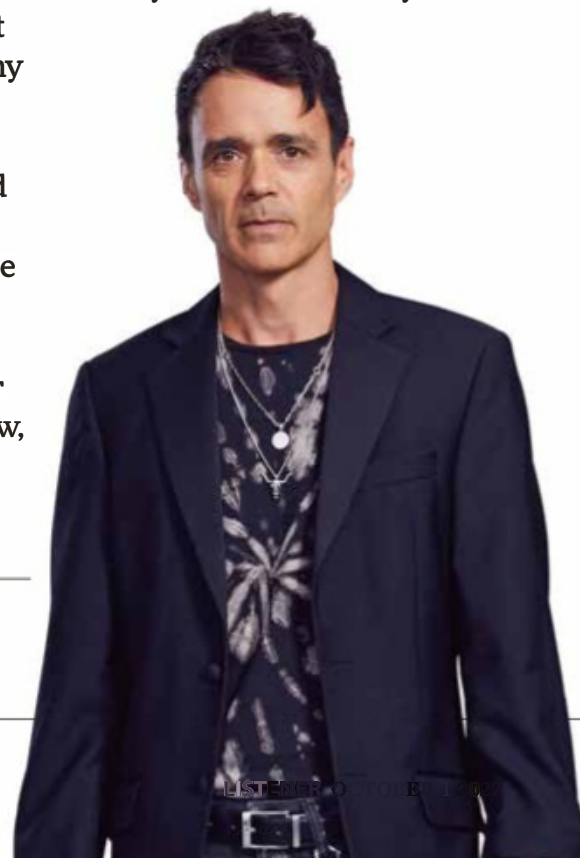
The Kings were approached to participate by their friend

Sonia Gray – best known to New Zealanders as the presenter of the televised Lotto results – whose daughter Inez has been diagnosed with ASD, ADHD and several other neurodevelopmental conditions, including obsessive-compulsive disorder (OCD). Inez as a 12 year-old presents to the camera as a sweet, intelligent kid. As a younger child, she had constant violent meltdowns, and behaved in inexplicably destructive ways.

"When we were in the heat of it, I'd sit on my deck with my bottle of sav and listen to my child raging and sometimes tearing our house apart. And I was like, 'How the hell are other people coping?' Because I can write an email, we can throw resources at it, Nezza has two parents who love her and love each other. You know, we had all the things and yet we still weren't coping. That

just blew my mind. How is that possible? It weighed on me."

When Arwen O'Connor and Mitchell Hawkes of the production house Ruckus Media canvassed Gray about an idea for a documentary on ADHD, she suggested they broaden its brief to embrace the concept of neurodiversity. She became not only a subject of the documentary, but also its presenter and executive producer. Surveying her family life was not always a



Right, Nathan King, and, above, Sonia Gray, with daughter Inez: challenging times.

comfortable experience.

“Because, you know, we’re bringing my daughter into it. We were very careful, obviously. There were moments where I was like, ‘Oh shit, this is way too personal.’ But the bigger picture is that something needs to happen. There are so many families sinking. That was what got me through going back to all the old stuff. I don’t know how we survived. I was sure we weren’t going to survive. But you just keep getting up and keep getting up and keep getting up.”

Some of the responses the Kings got when they sought help for their child are hard to credit. Rachel, who had decided not to go back into the workforce while her children were small, had to read in a psychologist’s report that “the mother feels she’s too good for work”. Other responses were too hurtful to air.

“There are people in that system that need to jog on,” says Gray. “People doing some terrible damage, long-term damage. On the other side, there are people, usually the ones who aren’t getting paid much, the teacher aides, who just get it.”

Inez and her family have been lucky to find such support. She’s in school, has friends and the meltdowns have eased. But her OCD symptoms (“hours and hours a day of straightening things – it takes the whole family hostage”) have become more pronounced. Theo is waiting for another chance when he’s old enough for secondary school.

These children behave in outwardly undesirable ways because their experience of the world is profoundly different. That’s a hard-won lesson for their parents. And, as *Kids Wired Differently* makes clear, a lesson some experts have yet to learn. ■



Richard Hammond's Workshop, Monday.

TELEVISION

Our Picks of the Week

MONDAY OCTOBER 3

RICHARD HAMMOND'S WORKSHOP

The Hamster gets serious

Screening: Eden, 8.30pm

Streaming: ThreeNow

It might be a bit harsh to call it a midlife crisis, but Richard Hammond's new series is centred on a very real punt the impish TV veteran has taken as he enters his fifties. When the father-and-son firm that had for years been helping restore the former *Top Gear* presenter's collection of classic cars lost its lease, Hammond stepped in to help finance a new business in partnership with them. As he admitted in a recent interview, it's something of a reality check after a career in which "I just get on an airplane when somebody tells me to, and then I go where

I'm told and it's great fun". He's buying his own plane tickets now and he and his new business partners have to make their high-end auto-restoration business work.

THE WALKING DEAD

The final steps

Screening: TVNZ 2, 10.30pm

Streaming: TVNZ+

Many have been lost along the way, given up the fight or simply had their brains eaten, but this is it: the last eight episodes ever of *The Walking Dead*. The first two tranches of this 11th and last season have seen everyone else, but especially Negan (Jeffrey Dean Morgan), grapple with the return of Maggie (Lauren Cohan) and, as ever, Daryl (Norman Reedus) battling to look after the crew. What's in

store for the home straight is a secret, but it's safe to assume there will be fear.

TUESDAY OCTOBER 4

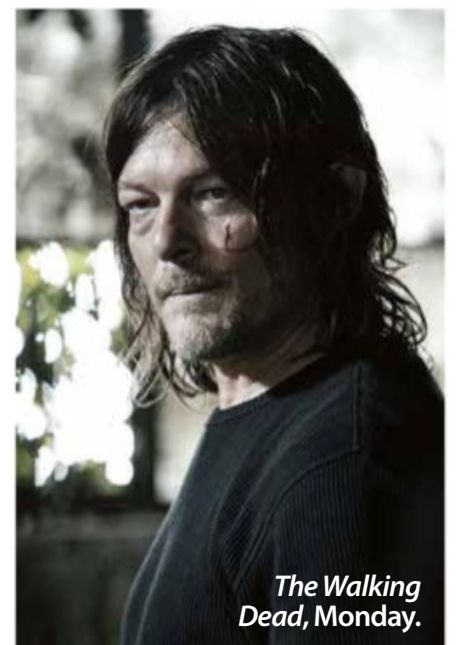
KIDS WIRED DIFFERENTLY

Neurodiversity in the family

Screening: TVNZ 1, 8.40pm

Streaming: TVNZ+

The world talks about autism and ADHD more than ever, but it's still a struggle for neurodiverse kids and their families. See story, opposite page. ▶



The Walking Dead, Monday.



◀ COMPULSION

Bad work stories

Streaming: TVNZ+

Leanne Best (*Four Lives*) plays post-traumatic stress disorder-afflicted paramedic Jenny Challoner in this drama produced for Britain's Channel 5. Jenny returns to work after witnessing a fatal train crash, but she's still suffering panic attacks and her attempts to keep things on the rails lead her into gambling and addiction. Veteran Hayley Mills plays against type as a ruthless loan shark and Anna Chancellor is an apparent good Samaritan who might not be all she seems.

WEDNESDAY OCTOBER 5

NADIA'S FARM

Screening: Three, 8.40pm

Streaming: ThreeNow

A new series that follows *MasterChef* NZ winner and celebrity chef Nadia Lim and husband Carlos Bagrie and the challenges they face as they attempt to turn their historical Whakatipu Basin sheep station into a diversified food-production business. See story, page 60.

THURSDAY OCTOBER 6

A FRIEND OF THE FAMILY

The sociopath next door

Streaming: TVNZ+

A nine-episode limited series based on the true story of the Brobergs, an Idaho family whose lives were upended by their friend and neighbour – a sociopath who twice abducted daughter Jan, at the ages of 12 and 14. Remarkably, Jan Broberg, now 60 and a veteran stage actress and singer, is a producer on the series. This dramatic retelling, which follows a book and a

documentary, boasts a compelling ensemble cast, with Anna Paquin (*True Blood*) as Jan's mother, Colin Hanks (*The Offer*) as her troubled father, McKenna Grace (*The Handmaid's Tale*) as Jan and the expertly creepy Jake Lacy (*The White Lotus*) as the manipulative Robert Berchtold.

NATIONAL TRIBUTE: SIR WAYNE SHELFORD

Praising the Buck

Screening: Sky Sport 1, 8.30pm and Prime, Friday, 9.30pm
Launched under the

social-media hashtag #BringingBackBuck, this tribute event at the Westlake Boys High auditorium sees friends, family and sporting colleagues line up to honour All Blacks legend Wayne "Buck" Shelford – and raise some money for North Harbour community rugby while they're at it. Guest speakers include Eric Rush, Frano Botica, Glen Osborne and Sir John Kirwan.

FRIDAY OCTOBER 7

THE VOICE AUSTRALIA

Singing out again

Screening: TVNZ 2, 7.30pm

Streaming: TVNZ+

The 11th season of *The Voice Australia* sees the return of Rita Ora, Keith Urban, Guy Sebastian and Jessica Mauboy as coaches and some tweaks to the format, including the Battle Pass, which allows a coach to automatically send the contestant to the battles. The season features a bid for fame by Kiwi country pop singer Kaylee Bell and, inevitably, some controversy. ■



Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)



Spider-Man: Far From Home, Sunday.

TV Films

by RUSSELL BAILLIE

The big movies on TV this week

SATURDAY OCTOBER 1

THE LORD OF THE RINGS: THE FELLOWSHIP OF THE RING

Frodo, don't wear the ring ...

TVNZ 2, 7.00pm

If you're missing the Hobbits from Amazon Prime's *The Power of the Ring*, here's a chance to get reacquainted in the film that started it all and remains possibly the best, because Middle-earth was new and exciting. It also boasted the best Sean Bean demise among the many the actor has suffered through his career when his Boromir takes three arrows to the chest. "It's my favourite death scene, and I've done a few," he's said since. (2001) ★★★★★

GET A JOB

Less than workmanlike

Three, 8.30pm

Funnily enough, this pointless comedy about the struggles of a bunch of Los Angeles college graduates (including Miles Teller and Anna Kendrick) and one middle-aged dad (Bryan Cranston) at being unemployed is the sort of film that everyone involved is likely to leave off their CV. (2016) ★★

NITRAM

Portrait of a killer

Rialto, 8.30pm

A disquieting and chilling character study of Martin Bryant – "Nitram" is Martin spelt backwards – in the years before he carried out the 1996 Port Arthur massacre. It's by director Justin Kurzel and follows his previous *True History of the Kelly Gang*. Despite meeting some opposition, especially in Tasmania, it swept the 2021 Australian film awards and American Caleb Landry Jones won the 2021 Cannes best actor prize for his performance. (2021) ★★★★★



Misbehaviour, Sunday.

TRAINWRECK

Raunchy rom-com

TVNZ 2 10.25pm

Amy Schumer wrote and starred in this black-humoured relationship comedy, a fine showcase for her particular brand of vulgar perkiness. Though it's Judd Apatow-directed, two hours feels a bit shaggy, even with a cast including Bill Hader as the good man party girl Amy falls for, Tilda Swinton as the editor of the men's mag where she works, and basketball star LeBron James as a surprisingly deadpan version of himself. (2015) ★★★★★

SUNDAY OCTOBER 2

THOR: RAGNAROK

Hammer to the funnybone

TVNZ 2, 7.30pm

Taika Waititi's Thor follow-up *Love & Thunder* might have

been hit and miss, but it's done almost as well at the box office as this, his first Thor outing, which is one of the funniest films in the Marvel superhero mega-franchise. That's helped by many of his Kiwi mates – Rachel House, Karl Urban, Sam Neill, Cohen Holloway – in supporting roles. (2017)

★★★★★

SPIDER-MAN: FAR FROM HOME

Overseas experience

Three, 8.30pm

An enjoyable if undistinguished further adventure for Tom Holland's Spider-Man/Peter Parker which has his school trip to Europe interrupted by dealing with monsters from another dimension whose arrival may have something to do with a mysterious new superhero named, yes, Mysterio and played by Jake Gyllenhaal. (2019) ★★★★★

MISBEHAVIOUR

Beauty contest contretemps

Wakaata Māori, 8.30pm

Lightweight true-story comedy-drama about when the Women's Liberation Movement disrupted the 1970 Miss World pageant in London in front of millions of television viewers. Keira Knightley and Jessie Buckley play two of the activists who flour-bombed host Bob Hope (Greg Kinnear with a fake nose) on stage but



Ghostbusters: Afterlife, Sunday

◀ Gugu Mbatha-Raw's portrayal of eventual winner Miss Grenada steals the show. (2020) ★★★

GHOSTBUSTERS: AFTERLIFE

A new generation

Sky Movies Premiere, 8.30pm; Neon

Enjoyable second reboot of the 1980s hit supernatural comedies by Jason Reitman, son of the original's director Ivan. Predictably, it shows a lot of nostalgic affection for the early movies while taking a very *Stranger Things* approach – that show's Finn Wolfhard plays one of the kids helping Paul Rudd investigate weird goings-on around their Oklahoma farming town. (2021) ★★★

MONDAY OCTOBER 3

THE MAN WHO SOLD HIS SKIN

Inked to escape

Rialto, 8.30pm

Art world satire meets refugee political drama in this provocative if didactic film by Tunisian director Kaouther Ben Hania, which became her country's first film to be nominated for a best international feature film Academy Award. It follows Sam Ali (Yahya Mahayni), a Syrian refugee in Lebanon hoping to join his girlfriend in Belgium. His ticket comes with a catch – with an artist tattooing a visa stamp on his back, he must become a living work of art who can be exhibited

and bought and sold. (2021)

★★★★

WEDNESDAY OCTOBER 5

THE POWER OF ONE

A very Rocky road

Wakaata Māori, 8.30pm

White saviour bunkum set in South Africa during WWII and the early days of apartheid. It's a loose adaptation of Bryce Courtenay's bestseller about an English South African boy, PK (Stephen Dorff), standing up to his Afrikaaner bullies by getting boxing lessons from Morgan Freeman and becoming an inspiration to everyone. Also stars John Gielgud and, in his first screen role, Daniel Craig. (1992) ★★

FRIDAY OCTOBER 7

DUNE

Why they don't make them like they used to

Three, 8.30pm

Well, there's a bold prime-time programming decision – playing David Lynch's maddeningly dull version of Frank Herbert's sci-fi epic, which last year got much clearer treatment from Denis Villeneuve. Some ardent Lynch fans consider it a flawed masterpiece. To them it should always be pointed out that it stars Sting wearing winged leather space Speedos. (1984) ★★

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)

Talkback

THE QUEEN'S DEATH

My accolades for excellent TV presentation during the passing of Queen Elizabeth II go to Three.

From the word go, its presenters were suitably dressed and maintained dignity and decorum.

Mary Brown

(Rotorua)

New Zealanders should acknowledge the outstanding visual extravaganza provided by the BBC of the Queen's funeral. It was measured, sensitive and riveting coverage, with uncomplicated direction. The framing of some of the camera shots was breathtaking.

Congratulations to the anonymous hundreds behind the scene who did their jobs brilliantly.

Television viewing of a lifetime.

Christopher Bourn

(Richmond, Nelson)

On and on it went, morning, noon and well into the night: the media frenzy surrounding the death of Queen Elizabeth.

The lengths to which the networks (both radio and television) went were extraordinary. Old coverage was dragged out of the archives, solemn processions were played not just once but over and over again.

Paddington Bear took the limelight while armies of eager-beaver reporters scurried to the ends of the Earth to dig out long-lost distant cousins and friends of the royal family.

Then, over and over again, royal subjects wallowed in their accounts of curtsying to "Her Majesty" and thrusting bouquets into her arms.

It was an important occasion and warranted meaningful news coverage, but once the story had been told, that should have been it.

For days, there was no escape. Except for that wonderful, publicly funded oasis, RNZ Concert. Thank you, RNZ.

Sue Barnett

(Mt Victoria, Wellington)

LOST SUBTITLES

I'm not always able to look at *Coronation Street* during the day, so I rely on recordings. Having watched since the first day, I'm still attached to the series all these years later.

However, I may have to finally give up, as so often I find there are no subtitles, which makes them useless as entertainment to me.

Why is the text sometimes there and sometimes not? I realise it's not important in the scheme of things, but at my age, a little entertainment is important.

Pamela Anderson

(Hamilton East)

FAUX FRENCH

I heartily agree with the mispronunciation issue raised in Carol Brown's letter (*Talkback*, September 24).

My hobby horse is the word "homage", far too often pronounced as a long-drawn-out word with a "soft" ending, ie: "homaaarj", rather than rhyming more or less with porridge.

A previous letter writer to *Talkback* described this as "faux French", which is very apt.

I also agree with the comments by Murray Lander [saturation TV coverage of the Queen's death] and Brian Collins [frivolous news captions].

Graeme Leary

(Clevedon)

Please send comments, queries or complaints about radio or television to: listenerletters@aremedia.co.nz with "Talkback" in the subject line, or Talkback, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Te Karere** (R)
6.30 Country Calendar (G, R, HD, C, AD)
7.00 Rural Delivery (G, R, HD, C)
 The olive industry is learning from stone fruit research how to improve olive oil yields, and the Ngati Haua Mahi Trust is providing employment opportunities.
7.30 Infomercials
8.30 Religious Programming
9.00 Extreme Cake Makers (G, R, HD, C)
9.30 Tagata Pasifika (HD)
10.00 Ready Steady Cook (G, R, HD, C)
11.00 Winning Combination (G, R, HD, C, AD)
Noon Call the Midwife (PG, R, HD, C, AD) s10ep3
1.20 Movin' to the Country (G, HD, C)
1.55 The Casketeers (PG, R, HD, C, AD)
2.25 10 Years Younger in 10 Days (G, R, HD, C, AD)
3.25 Clean It, Fix It (G, HD, C)
4.25 ■ Secret Spenders (G, HD, C, AD) UK series in which families get expert financial advice. Today, mum of two Rohini desperately wants to know why the family's bank account is empty. s1ep1
5.00 The Chase (G, R, HD, C)
 Bradley Walsh hosts a UK quiz show.
6.00 1 News (HD, C)
7.00 ■ Tipping Point Lucky Stars (G, R, HD, C) Ben Shephard hosts a celebrity version of the UK quiz show, with Freddie Flintoff, Angellica Bell and Tim Vine.
8.00 Lotto
8.05 ■ Gino's Italian Family Adventure (G, HD, C, AD)
 Gino D'Acampo takes his family on an exploration of his roots. Tonight, the family explore Eastern Sardinia, lunching on a secluded beach before heading into the mountains. s1ep1
8.30 ■ Grand Designs UK (M, R, HD, C, AD) Kevin McCloud revisits Adrian and Megan, whose dream home in East Sussex became a nightmare.
9.35 ■ Showtrial (16, HD, C, AD)
 Time is running out for Cleo and Talitha as the trial reaches its conclusion. s1ep5
10.50 Social Media Murders: The Murder of Molly McLaren (16, HD, C, AD)
 UK documentary about a woman who was murdered in Kent in 2017.
11.50 Burden of Truth (PG, HD, C, AD) s4ep4
12.45am Vigil (M, R, HD, C, AD) s1ep5
1.45 Nashville (M, HD, C) s6ep9
3.25 Infomercials
5.30 - 6.00 Religious Programming

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Emma!** (G, R, C, AD)
6.10 Not Too Late Show (G, R, HD, C) s1ep5
6.25 Julius Jr. (G, R, HD, C)
6.45 Spidey and His Amazing Friends (G, HD, C)
7.10 Madagascar: A Little Wild (G, HD, C)
7.35 SpongeBob SquarePants (G, R, HD, C)
7.55 Moomin Valley (G, HD, C)
8.20 The Croods: Family Tree (G, C)
8.45 Ninjago (G, R, HD, C)
9.05 Wilde Ride (G, R, HD, C, AD)
9.30 Mystic (G, R, HD, C, AD) s1ep8
10.00 Fresh (PG, C) The eight remaining Know Your Roots contestants battle it out on the sand dunes in a test of their cultural knowledge and fitness.
10.35 The Simpsons (G, R, HD, C, AD) s12ep6
11.05 Have You Been Paying Attention? (PG, R, C)
12.05 America's Got Talent Extreme (PG, C)
2.00 The Good Witch (G, HD, C)
3.00 Junior Bake Off (G, HD, C)
4.00 Celebrity Brain Busters (G, HD, C) Sam Dickson, Kurt Baker, Edna Swart and Katherine Skelton test their knowledge and skills.
5.00 Nancy Drew (PG, C) s1ep4
6.00 The Cube (G, C, AD)
 Phillip Schofield presents a UK game show in which contestants undertake challenges in a giant clear cube.
7.00 ■ The Lord of the Rings: The Fellowship of the Ring (2001, PG, R, HD, C, AD) A hobbit who has inherited a powerful ring that was forged by the Dark Lord Sauron begins a journey with his friends to destroy it. Elijah Wood, Sean Astin, Ian McKellen, Viggo Mortensen, Liv Tyler, Dominic Monaghan. **TV Films, page 69**
10.25 ■ Trainwreck (2015, 16, HD, C, AD) A hard-partying magazine writer who was raised to believe that monogamy is unrealistic meets a sports doctor who forces her to rethink her principles. Amy Schumer, Bill Hader, Brie Larson, LeBron James. **TV Films, page 69**
12.50am ■ The Accountant (2016, 16, R, HD, C, AD) An autistic accountant makes a living uncooking the books of criminal and terrorist organisations. Ben Affleck.
3.00 ■ Deathstroke: Knights & Dragons (2020, 16, C) Voice of Michael Chiklis.
4.30 Fresh (PG, R, C)
5.00 Infomercials
5.30 - 6.00 Religious Programming

THREE FREEVIEW 3 SKY 003

- 6.00 Charles Stanley**
6.30 Infomercials
9.30 Newshub Nation With Simon Shepherd and Rebecca Wright.
10.30 Celebrity Family Feud (PG, R, C) s4ep10
11.30 Grand Designs NZ (PG, R, C)
12.30 The Block NZ: Redemption Marathon (PG, R, C)
4.00 The Masked Singer NZ (PG, R, C)
5.00 Family Game Night (G, C)
6.00 Newshub Live
7.00 Building the Kiwi Dream (PG, C) A cyclone is due to arrive the day the concrete driveway is poured, and the when the builders leave, Matt and Kaylene are left to finish the house. s1ep9&10
8.00 Bay Patrol (PG, R, C) Series following lifeguards on Mount Maunganui beach.
8.30 ■ Get a Job (2016, 16, C) A young woman and her boyfriend struggle to find employment after graduating. Miles Teller, Anna Kendrick, Bryan Cranston. **TV Films, page 69**
10.15 World Rally Championship NZ Day 3, featuring stages from the Kaipara Hills, Puhoi and Komokoriki.
10.50 ■ Flawless (2019, M, R, C) Three unpopular high school girls in Jerusalem decide to travel to Kiev to get plastic surgery. Stav Strashko, Noam Lugasy, Asi Levi.
12.55am Infomercials
5.00 Leading the Way
5.30 - 6.00 Charles Stanley

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
8.00 Kids' Programmes (C)
10.05 SmackDown (PG, R)
11.05 RAW (PG, R)
Noon Carol's Second Act (PG, R, C)
12.30 Judge Judy (PG)
1.00 The Crowd Goes Wild (PG, R)
2.30 Heartland Championship Live Mid Canterbury v South Canterbury, live from Ashburton Showgrounds.
4.30 Once a Warrior with Monty Betham (G)
5.00 The Loggers (PG, R, C)
5.30 Prime News
6.00 American Pickers (PG, R)
7.00 National Provincial Championship Live Otago v Canterbury, live from Forsyth Barr Stadium, Dunedin.
9.00 The Black Ferns: Wāhine Toa (PG, R, C) Documentary following the Black Ferns.
10.05 Midsomer Murders (M, R, C) Midsomer's annual scarecrow festival takes a turn for the worse.
12.00am NXT (PG)
1.00 - 6.00 Infomercials

**Factual: SECRET SPENDERS**

The BBC having cornered the market in helping families economise on their food bills with *Eat Well for Less?* (recipes available on the BBC website), ITV has come up with this financial do-over show that secretly films people splurging and then applies some common sense. Host Anita Rani and home finance experts Emmanuel Asuquo and Anna Whitehouse weigh in with good advice about power bills and buying in bulk, although it's rather less interesting than the food reveals in *Eat Well*. Nevertheless, with the UK also facing a cost-of-living crisis, perhaps there's some useful info in here for everyone.

TVNZ 1, 4.25pm

**Factual: MY BIG ITALIAN ADVENTURE**

Speaking of splurging, actor Lorraine Bracco, famous for *The Sopranos*, spent a massive one euro on a 200-year-old house in Sambuca, Sicily, although she is contractually obliged to spend at least €15,000 (\$25,400) on the renovations, which are the subject of this series.

HGTV, 8.30pm

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
9.30 Ōpaki (G, R)
10.30 Ako (G, R)
11.00 ASB Polyfest (G)
Noon Haka at Home (G, R)
1.00 Whakataukī (G, R)
1.30 Karanga: The First Voice (G, R)
2.00 Whaikōrero (PG, R)
2.30 Chatham Islanders (G, R)
3.00 Intrepid Journeys (PG, R)
4.00 Marae
5.00 Moosemeat and Marmalade (G, R)
5.30 School of Training (G, R)
6.00 Piri's Tiki Tour (PG, R) Piri Weepu meets divers, farmers and hunters.
6.30 He Aha to Say? (G, R) A series of interviews with the people of Ngāti Porou.
7.00 ■ The Swan Princess: Mystery of the Enchanted Treasure (1998, G) Odette and Derek face a new evil magician. Voices of Michelle Nicastro, Brian Nissen.
8.20 Haka Life Web Series (G, R) Ngā Tūmanako celebrate their win at Te Matatini 2019.
8.30 ■ Spotlight (2015, M, R) Based on the story of the Boston Globe's investigation into child abuse by Catholic priests. Mark Ruffalo, Michael Keaton, Rachel McAdams.
10.40 – 11.00 K'Rd Chronicles (PG, R)

Film: SPOTLIGHT

We may know the outcome of the *Boston Globe's* investigation into priests' abuse of kids and the church's cover-up, but the revelation in Tom McCarthy's Oscar-winner is just how much power the church wielded in Boston, and the bravery of the team that took it on.

WHAKAATA MĀORI, 8.30pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 A Place in the Sun: Summer Sun (PG, R)
Noon Catfish (PG, R)
12.50 Southern Charm (PG)
2.40 Love It or List It (G, R)
4.35 Stop Search Seize (PG, R)
5.30 Rich Listers NZ (PG, R) Diego invites the cast to Queenstown.
6.30 Undercover Boss (PG, R)
7.30 Tattoo Fixers (M, R) Cockney geezer Jack covers his literal leg tattoo, and Sketch runs rings around Sergiu's romantic gesture.
8.30 ■ The Sweetest Thing (2002, 16, R, C) A woman with a reputation as a player must figure out a way to woo her Mr Right. Cameron Diaz, Thomas Jane, Christina Applegate.
10.30 Southern Charm (M)
11.30 Snapped: Killer Couples (M, R)
12.20am Infomercials 5.00 – 6.00 Top Chef (PG, R)

EDEN

FREEVIEW 8 SKY 013

- 6.00 My Cat from Hell (PG, R)
6.55 The Pioneer Woman (G)
7.30 Trisha's Southern Kitchen (G)
8.00 Jamie & Jimmy's Food Fight Club (PG, R)
9.00 Mysteries at the Monument (PG, R)
10.00 American Pickers (PG, R)
11.00 Flea Market Flip (G)
11.30 The Great Giveback with Melissa McCarthy (G, R)
12.30 All Together Now UK (G, R)
2.00 The Chase USA (PG, R)
3.00 Animal Cribbs (PG)
4.00 The Best Thing I Ever Ate (G)
5.00 Mysteries at the Monument (PG)
6.00 American Pickers (PG)
7.00 My Lottery Dream Home (G)
7.30 The 1% Club (PG) Lee Mack hosts a UK quiz show.
8.30 ■ My Blueberry Nights (2007, M) Norah Jones, Jude Law, Rachel Weisz.
10.30 Forged in Fire (PG)
11.25 Flea Market Flip (G)
12.00am – 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Wheelers Dealers (PG, R)
6.50 Garage Squad (PG, R)
8.30 Head Rush (G, R)
9.20 Tanked (PG, R)
11.55 Treehouse Masters (PG, R)
1.30 Inside West Coast Customs (PG, R)
2.20 Building Off the Grid: Yellowstone River (G, R)
3.10 Men, Women, Wild (PG, R)
4.00 100 Days Wild (PG, R)
4.50 Desert Car Kings (PG, R)
5.40 Garage Squad (PG)
6.35 Man vs. Wild (PG, R)
7.30 Treasure Quest: Snake Island (M) Village elders tell the team about a special stone.
8.25 Bering Sea Gold (M) Shaun Pomrenke is teaching his 17-year-old son the ropes.
9.20 Gem Hunt (PG) In Thailand, Ron searches for a perfect pair of rubies.
10.15 Cops UK: Bodycam Squad (PG)
11.10 Garage Squad (PG, R)
12.00am Programmes continue

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
7.00 DUKEbox Music
10.35 Extreme E: Electric Odyssey (G, R, HD)
11.05 ■ Seven Worlds, One Planet (G, R, HD, C, AD) s1ep1
12.10 The Crystal Maze (G, R, HD, C, AD)
2.00 Motorway Patrol (PG, R, C)
2.55 River Monsters (PG, R, HD, C)
3.55 Xploration: Awesome Planet (G, R)
4.20 Impossible Engineering (G, R, HD, C, AD)
5.15 The Big Bang Theory (PG, R, HD, C, AD) s5ep2
6.00 Rescue Cam (PG, R, HD)
6.30 Fish of the Day (PG, HD, C) s1ep7
7.00 Family Guy (PG, R, HD, C, AD)
7.30 The Simpsons (G, R, HD, C) s20ep11
8.30 The Russell Howard Hour (16)
9.10 8 Out of 10 Cats Does Countdown (16, R, HD, C)
10.10 ■ Outbreak (1995, 16, R, HD, C) Authorities try to contain a virus outbreak. Dustin Hoffman.
12.30am – 2.00 Midnight Texas (M, HD) s1ep5

SKY PREMIERE

SKY 030

- 6.40 Penguin Bloom (2020, M) Naomi Watts
8.15 12 Mighty Orphans (2021, M) Luke Wilson, Martin Sheen
10.10 Great White (2020, 16) Katrina Bowden
11.45 Death of a Telemarketer (2021, M) Lamorne Morris, Jackie Earle Haley
1.15 Come Play (2020, M) Azhy Robertson, Gillian Jacobs
2.50 The Last Duel (2021, 16) Matt Damon, Adam Driver
5.20 Kimi (2022, 16) Zoe Kravitz, Rita Wilson
6.50 Belfast (2021, M) In 1969, a nine-year-old boy watches as the Troubles begin in Belfast. Jude Hill, Jamie Dornan, Caitriona Balfe
8.30 Blackbird (2019, M) A woman summons her loved ones for one final gathering before she decides to end her long battle with ALS. Susan Sarandon, Sam Neill
10.10 Don't Breathe 2 (2021, 16) Stephen Lang
11.50 My Valentine (2019, 16) Britt Baron, Benedict Samuel
1.10am The Last Duel (2021, 16)
3.40 Shadow in the Cloud (2021, 16)
5.05 Alone (2020, 16)

MOVIES CLASSICS

SKY 034

- 6.30 Waterloo (1970, G) Christopher Plummer
8.45 The Alamo (1960, PG) John Wayne, Richard Widmark
11.25 All the President's Men (1976, 16) Dustin Hoffman, Robert Redford
1.45 The Doors (1991, 16) Val Kilmer, Meg Ryan
4.05 Philadelphia (1993, PG) Tom Hanks, Denzel Washington
6.10 Rob Roy (1995, M) In the 18th century, a Scottish clan chief battles a sadistic nobleman in the Highlands. Liam Neeson, Jessica Lange
8.30 Rebel Without a Cause (1955, M) A troubled teen struggles to fit into a new town and ends up on the wrong side of the local motorcycle gang. James Dean, Natalie Wood
10.20 The Fan (1996, 16) A baseball fan goes to extreme lengths to win the admiration of his hero. Robert De Niro, Wesley Snipes
12.15am Comanche Station (1960, M) 1.30 The Blue Lagoon (1980, M)
3.15 The House That Dripped Blood (1971, M) 4.55 The People vs Larry Flynt (1996, 18)

RIALTO

SKY 039

- 6.50 Collective (2019, 16) Romanian documentary.
8.45 Saint Maud (2019, 16) Jennifer Ehle, Morfydd Clark
10.10 John and the Hole (2021, M) Michael C Hall
11.55 Sulphur and White (2020, 16) Mark Stanley
1.55 Crime + Punishment (2018, M) US documentary.
3.45 Little Fish (2020, M) Olivia Cooke
5.25 The Cat Rescuers (2018, M) US documentary.
6.50 The Justice of Bunny King (2021, M) A troubled mother of two fights against the system. Essie Davis, Thomasin McKenzie
8.30 Rialto Selection: Nitram (2021, 16) An isolated young man lives with his parents until he meets an heiress. Caleb Landry Jones, Judy Davis **TV Films, page 69**
10.20 Manhunt: The Night Stalker (M) s2ep4
11.10 Sputnik (2020, 16) Oksana Akinshina
1.05am Anonymous Animals (2020, 16) 2.15 Crime + Punishment (2018, M) 4.05 Little Fish (2020, M) 5.45 The Cat Rescuers (2018, M)

SKY CHANNELS

Vibe SKY 006

6.00 Private Eyes (M) s4ep8 **6.45** Jamestown (16) s3ep1 **7.30** Parenthood Omnibus (M) **9.45** Downton Abbey Omnibus (M) **11.55** Outlander (18) s1ep11&12 **2.15** Judge Judy Omnibus (PG) **4.20** Private Eyes (M) s4ep8 **5.15** Family Finders (M) s2ep14&15 **6.30** Monday Mornings (M) Tina's proposal to use an unorthodox procedure to treat a mentally ill young man divides the surgeons. s1ep4 **7.30** ■ Happily Never After (2017, PG) A couple who were once a writing duo are forced to work together by their mutual publisher. Danielle Savre, Rick Cosnett. **9.15** Harlots (16) With the doors to Golden Square barred, Lydia must try every trick in the book to get back on top. s2ep4 **10.15** The Closer Omnibus (M) **2.20am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep1 **6.25** QI Marathon (M) **8.00** Would I Lie to You? Marathon (PG) **9.40** The Bill Marathon (M) **1.45** Casualty (PG) **2.35** Holby City (PG) s21ep23 **3.40** Call the Midwife (PG) s8ep5 **4.45** A Touch of Frost (M) s3ep2 **6.40** London Kills (PG) Billie recognises a victim and wrestles with her ethics. s3ep3 **7.35** Casualty (PG) s37ep6 **8.30** Midsomer Murders (PG) When a star cricketer dies during a tournament, Barnaby's investigation is aided by a surprise visitor from his past. s19ep3 **10.20** 8 Out of 10 Cats Does Countdown (M) **11.15** Who Do You Think You Are? Australia (PG) Denise Drysdale is not surprised to find her family hails from Scotland, but it is a shock to discover she also has DNA links to Northern Ireland. **12.15am** Programmes continue

SoHo SKY 010

6.15 Impeachment: American Crime Story (16) s3ep4 **7.10** The Comey Rule (M) s1ep2 **9.05** Work in Progress Marathon (16) s1ep1-8 **1.00** Curb Your Enthusiasm Marathon (M) s10ep1-10 **7.30** City on a Hill (16) As Decourcy prepares to take Sinclair Dryden to trial, Jackie tracks down a key witness. s3ep8 **8.30** Deceit (18) Undercover as Lizzie James, Byrne has her first face-to-face meeting with Colin Stagg. s1ep3 **9.30** Animal Kingdom (16) J, Craig and Deran must figure out what they're going to do about a self-destructive Pope, and Julia and Andrew work together on a job. s6ep10 **10.30** The Outsider (16) s1ep1 **11.30** Industry (16) s2ep4 **12.30am** Programmes continue

Living SKY 017

6.15 Grand Designs House of the Year (PG) **7.05** Wedding Cake Championship (PG) **8.45** Salvage Hunters (PG) **9.35** Salvage Hunters: Best Buys (PG) **11.15** Salvage Hunters (PG) **12.10** Grand Designs New Zealand (PG) **1.00** Paramedics on Scene (PG) **2.00** Halloween Baking Championship Marathon (PG) **6.35** All-Star Halloween Spectacular (PG) **7.30** Miriam Margolyes: Almost Australian (PG) Miriam visits the Gulf of Carpentaria to see the origin of the Lucky Country's wealth. **8.30** Gardening Australia (PG) **9.30** The Great Garden Revolution (PG) Joel Bird, Poppy Okotcha and Bruce Kenneth transform outdoor garden spaces. **10.40** Our Simple Life (PG) **11.30** Halloween Baking Championship Marathon (PG) **3.40am** Programmes continue

Investigation Discovery SKY 018

6.05 Who the (Bleep) Did I Marry? Marathon (M) **7.45** Murder in the Heartland (M) **8.35** Undercover Underage (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Ken and Barbie Killers: (M) **1.05** In Memoriam (M) **2.00** Murder in Ypsilanti: (M) **3.50** Sugar Town (M) **5.40** The Crimes That Changed Us (M) **6.35** Six Degrees of Murder (M) **8.30** OJ and Nicole: An American Tragedy (M) **10.30** Murder Comes to Town (M) **11.25** Dead of Night (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Portrait Artist of the Year **8.00** ■ Eric Clapton: Planes, Trains and Eric (2014, G) **9.30** Immersive World **10.00** Resonance **11.00** Put Some Colour in Your Life **Noon** Beijing Spring **12.55** Johnny Cash: Man in Black in Britain **1.45** Grayson Perry's Big American Road Trip (PG) **2.30** Portrait Artist of the Year **4.00** Marcus Miller Live at Jazz à La Villette **6.00** Musée D'orsay: A Great Metamorphosis **7.00** Parklife **8.30** ■ Scrap (2022, G) Documentary about people who collect, restore and recycle the world's scrap. **9.45** Chrissie Hynde Sings Bob Dylan (G) Chrissie Hynde records and performs Bob Dylan songs to mark his 80th birthday and her 70th. **11.00** Keyboard Fantasies (G) Documentary about transgender musician Beverly Glenn-Copeland. **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Alaska Mega Machines (PG) **7.45** Demolition Down Under Marathon (PG) **12.10** Dirty Jobs (PG) **1.05** Deadliest Catch (M) **2.00** Gold Rush the Dirt: The Hoffman Story (M) **2.55** Aussie Gold Hunters (PG) **3.50** Blowing Up History Marathon (PG) **6.35** Dual Survival (M) **7.30** Building Off the Grid (PG) **8.30** Railroad Alaska (PG) **9.30** Moonshiners (M) Mark and Digger revisit the abandoned theme park of their youth and convert a carnival ride into a whisky ageing machine. **10.30** Blowing Up History (PG) **11.25** Race to the Antarctic: (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Gordon Ramsay: Uncharted (PG) **8.30** César Millan: Better Human, Better Dog (PG) **10.30** First Alaskans (PG) **11.30** Do or Die (PG) **Noon** Edge of the Unknown (PG) **12.30** Last of the Giants: Wild Fish (PG) **1.30** Aussie Snake Wranglers (PG) **2.00** Outback Wrangler (PG) **2.30** Narco Wars: Chasing the Dragon (16) **3.30** WW2 Hell Under the Sea (PG) **4.30** Hitler's Last Stand (M) **5.30** Air Crash Investigation: Special Report (M) **6.30** Air Crash Investigation (M) **7.30** Food Factory Marathon (PG) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Last of the Giants: Wild Fish (PG) **12.30am** Programmes continue

History SKY 073

6.30 The Blitz: Britain on Fire (PG) **7.30** Treasures Decoded (PG) **8.30** Time Team **9.30** Smoke and Steel: The Modern World (PG) **10.30** Time Team **11.30** WWII: Witness to War (16) **12.30** Tutankhamun: Life, Death and Legacy (PG) **1.30** The Blitz: Britain on Fire (PG) **2.30** Treasures Decoded (PG) **3.30** Hitler's Last Secrets (M) **4.30** Abandoned Engineering (PG) **5.30** WW2 Treasure Hunters (PG) **7.25** Henry IX: The Lost King (PG) Paul Murton investigates the disappearance from history of Henry Fredrick Stuart. **8.35** Henry VIII: Man, Monarch, Monster (PG) **9.30** History's Greatest Mysteries (PG) **10.30** Egypt (PG) **11.30** Aussie Inventions That Changed the World (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero Marathon (M) **8.30** 24 Hours in A&E (PG) **9.20** 24 Hours in A&E (M) **10.10** Universe (PG) **12.10** Attenborough's Natural Curiosities (PG) **12.35** Wild Brazil (PG) **1.35** Wild New Zealand (PG) **2.30** Wild Kingdom (PG) **3.30** Chris Packham's Animal Einsteins (PG) **4.30** Africa with Ade Adepitan (PG) **5.35** The Dog Rescuers with Alan Davies (PG) **6.25** Super Powered Eagles (PG) **7.25** Wild Kingdom (PG) In Autumn, the fading sun brings of storms and unpredictable weather to Britain. **8.30** Animals with Cameras (G) Gordon Buchanan investigates some of Australia's most iconic animals. **9.30** Life Below Zero (PG) **10.20** The Truth About Getting Fit at Home (PG) **11.20** Africa with Ade Adepitan (PG) **12.20am** Programmes continue



Sky Arts: Chrissie Hynde Sings Bob Dylan, 9.45pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Once a Warrior with Monty Betham **6.35** Mainfreight Rugby **7.35** Gallagher Premiership, Newcastle Falcons v Bristol Bears, **live** **9.45** Heartland Championship, King Country v East Coast **10.00** NPC, Hawke's Bay v Tasman, replay **Noon** Gallagher Premiership, Newcastle Falcons v Bristol Bears, replay **2.00** National Provincial Championship, Southland v North Harbour, from Rugby Park, Invercargill, **live** **4.00** UFC on Sky **4.30** National Provincial Championship, Auckland v Taranaki, from Eden Park, Auckland, **live** **6.30** NPC, Hawke's Bay v Tasman **6.45** NPC, Southland v North Harbour **7.00** National Provincial Championship, Otago v Canterbury, from Forsyth Barr Stadium, Dunedin, **live** **9.00** NPC, Southland v North Harbour, replay **11.00** Heartland Championship, Mid Canterbury v South Canterbury **11.30** Rugby Championship, All Blacks v Australia, **12.00am** UFC on Sky **12.30** Cycling, CRO Race, stage 5, Opatija-Labin, Croatia, **live** **2.45** West Indies Women v White Ferns, 2nd T20, **live** **5.00** Mainfreight Rugby

Sky Sport 2 SKY 052

6.00 NPC, Hawke's Bay v Tasman **8.00** ATP 250, Korea Open, day 5, match of the day **9.30** Laver Cup Review **10.30** Rugby Championship, South Africa v Argentina, replay **12.30** ATP Uncovered **1.00** Inside Netball **1.30** Mainfreight Rugby **2.30** Heartland Championship, Mid Canterbury v South Canterbury, from Ashburton Showgrounds, **live** **4.30** ATP Uncovered **5.00** Laver Cup Review **6.00** ATP 250, Korea Open, day 6, from Seoul Olympic Park Tennis Center, **live** **10.00** Rugby Championship, All Blacks v Australia, replay **12.00am** NPC, Auckland v Taranaki, replay **2.00** NRL, Preliminary Final, highlights **2.30** NPC, Hawke's Bay v Tasman **2.50** Premier League, Liverpool v Brighton, **live** **5.00** NRL 360

Sky Sport 3 SKY 053

7.30 India v Australia, 1st T20 **8.00** India v Australia, 2nd T20 **8.30** India v Australia, 3rd T20 **9.00** India v South Africa, 1st T20 **9.30** Caribbean Premier League, Barbados Royals v Guyana Amazon Warriors **10.00** CPL, Eliminator **10.30** Caribbean Premier League, Qualifier 1 **11.00** Caribbean Premier League, Qualifier 2 **11.30** Caribbean Premier League, Final, from Providence Stadium, Georgetown, **live** **3.45** India v South Africa, 1st T20 **4.00** Pakistan v England, 6th T20, replay **8.00** Caribbean Premier League, Final **8.30** India v South Africa, 1st T20 **9.00** Pakistan v England, 6th T20 **9.30** Caribbean Premier League, Eliminator **10.00** CPL, Qualifier 1 **10.30** CPL, Qualifier 2 **11.00** CPL, Final, replay **2.50am** Premier League, Crystal Palace v Chelsea, **live** **5.00** FIM Speedway, highlights



Film: **SCRAP**

The footage of rusting ships, trains, planes, cars and phone booths in this Canadian documentary from Stacey Tenenbaum is eerie and evocative and Tenenbaum explores more than just where large things go to die, but why people are drawn to these metal graveyards: "What is it about an old, dilapidated 747 in the middle of Bangkok that piques our curiosity?" She also finds people who are reutilising this resource, such as the founder of Old Car City in Georgia and an eWaste facility in New Delhi. Throwaway culture creates waste and "a certain alienation", says Tenenbaum. "I figured that if I can get people to care about objects, then they might waste less."

SKY ARTS, 8.30pm



Film: **JAWS**

On the other hand, Steven Spielberg's 1975 shark-attack movie has never gone away, which is a credit to art director Joe Alves, who designed Bruce the animatronic shark. The film was recently screened, for those of a stong constitution, at Auckland's three-storey IMAX theatre.

TVNZ 2, 11.00pm

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Attitude** (G, R, HD, C, AD)
- 6.25 **Paddington Station 24/7**
- Back on the Tracks** (PG, R, HD, C)
- 7.15 **Tagata Pasifika** (R, HD)
- 7.40 **Praise Be** (G, R, HD, C)
- 8.10 **Susan Calman's Grand Day Out** (G, R, HD, C, AD)
- 9.00 **Q+A with Jack Tame** (HD, C) Political interviews and discussions.
- 10.00 **Waka Huia** (PG, R) Māori stories and histories for all New Zealanders.
- 10.30 **Marae** (HD)
- 11.00 **The Great British Sewing Bee** (G, R, HD, C, AD) s6ep8
- 12.05 **Attitude** (PG, C, AD) Eighteen-year-old Para-athlete Devon Briggs was born with severe club feet and has endured 19 surgeries. But his focus is cycling and he's on track to becoming a superstar.
- 12.35 **Asia Unplated with Diana Chan** (G, R, HD, C, AD)
- 1.05 **Sunday** (R, C) Miriama Kamo presents current affairs.
- 2.05 **Waterhole: Africa's Animal Oasis** (G, HD, C, AD) Documentary following animals at a purpose-built waterhole in the Mwiba Wildlife Reserve in Tanzania.
- 3.25 **South Seas Spearo** (PG, HD, C) After a dawn launch at 90 Mile Beach, the team punch north to magnificent Manawatāwhi. s3ep1
- 4.30 **Fishing and Adventure** (M, C) The crew are in the Far North trying to land two huge fish.
- 5.00 **The Chase** (G, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1 News** (HD, C)
- 7.00 **Country Calendar** (G, HD, C, AD) A couple have developed a bare block of stony Wairarapa ground into a vineyard and olive grove producing top-class wine and oil.
- 7.30 **Sunday** (C) Miriama Kamo presents current affairs.
- 8.30 **George Clarke's Amazing Spaces** (G, HD, C, AD) A lifeboat is converted into a camping pod, a mum and three daughters create a charming straw bale house, and George enjoys an oriental delight on the Isle of Wight. s10ep5
- 9.35 **Four Lives** (16, HD, C, AD) UK drama series based on real events. Tonight, a fourth man's body is found, and the victims' families want answers. s1ep3
- 10.45 **Line of Duty** (M, HD, C, AD) When DCI Roz Huntley captures a serial killer, AC-12 is alerted to a possible miscarriage of justice. s4ep1
- 12.00am **Coyote** (M, HD, C) s1ep3
- 1.00 - 6.00 **Infomercials**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Peppa Pig** (G, HD, C)
- 6.10 **Kangaroo Beach** (G, R, HD, C)
- 6.20 **Bluey** (G, R, HD, C)
- 6.50 **Care Bears: Unlock the Magic** (G, R, HD, C)
- 7.10 **Trollstopia** (G, R, HD, C)
- 7.30 **Ben 10** (G, R, HD, C)
- 7.45 **Bunnicula** (G, R, HD, C)
- 8.05 **SpongeBob SquarePants** (G, R, HD, C)
- 8.30 **What Now?** (G, C) Local kids' show featuring, games, interviews, fun and gunge.
- 9.30 **Home and Away Omnibus** (G, R, C)
- 11.25 **Shortland Street Omnibus** (PG, R, HD, C, AD)
- 1.55 **United States of AI** (PG, HD, C, AD) s2ep18
- 2.20 **B Positive** (PG, HD, C) s2ep12
- 2.45 **Call Me Kat** (PG, HD, C, AD) s2ep15
- 3.15 **The Middle** (G, R, HD, C) s1ep15
- 3.40 **Mr. Bean** (G, R, HD, C, AD) s1ep14
- 4.15 **Are We Done Yet?** (2007, PG, R, HD, C, AD) Ice Cube, Nia Long.
- 6.00 **The Amazing Race** (G, HD, C, AD) In Vietnam, the teams must demonstrate their skills in synchronised dancing, karaoke and fishing for prawns. s31ep3
- 7.00 **Young Sheldon** (G, HD, C) The Coopers discuss the possibilities of black holes and alternate universes when Dr Sturgis comes over for dinner. s4ep17
- 7.30 **Thor: Ragnarok** (2017, M, R, HD, C, AD) Thor must escape from the planet Sakaar in time to save Asgard from his sister Hela and the impending Ragnarök. Chris Hemsworth, Cate Blanchett, Tessa Thompson, Tom Hiddleston, Jeff Goldblum, Mark Ruffalo, Idris Elba. **TV Films, page 69**
- 10.00 **8 Out of 10 Cats Does Countdown** (M, R, HD, C) Jimmy Carr hosts a UK comedy game show. s12ep1
- 11.00 **Jaws** (1975, M, HD, C, AD) When a great white shark attacks swimmers at a summer resort town, it's up to the local sheriff, a marine biologist and an old seafarer to hunt the beast down. Roy Scheider, Robert Shaw, Richard Dreyfuss, Lorraine Gary.
- 1.15am **Killer Camp** (M, HD, C) s1ep3
- 2.05 **License to Kill** (M, HD, C) s2ep9
- 2.50 **In Ice Cold Blood** (16, HD, C) s2ep13
- 3.35 **Alma's Not Normal** (16, HD, C) s1ep6
- 4.05 **Infomercials**
- 4.30 **Religious Programming**
- 5.00 - 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 **Life TV**
- 6.30 **Leading the Way**
- 7.00 **Charles Stanley**
- 8.00 **Life TV**
- 8.30 **Turning Point**
- 9.00 **Extreme Couponing** (PG, C)
- 9.25 **The Hui** (R, C) With Mihingarangi Forbes.
- 9.55 **Newshub Nation** (R, C) With Simon Shepherd and Rebecca Wright.
- 10.55 **Nature's Strangest Mysteries: Solved** (PG, R, C) s1ep20
- 11.20 **What Could Possibly Go Wrong?** (PG, R, C) s1ep10
- Noon **American Loggers** (PG, C)
- 1.00 **The Grid**
- 1.30 **MotoGP**
- 2.45 **World Rally Championship** Rally New Zealand's final stage, from Jack's Ridge, Auckland
- 5.00 **Ocean Bounty** (G, C)
- 6.00 **Newshub Live**
- 7.00 **The Masked Singer NZ** (PG, C) The top three Masked Singers compete.
- 8.30 **Spider-Man: Far from Home** (2019, M, R, C) Peter Parker's European vacation takes an unexpected turn when Nick Fury shows up to recruit him for a mission. Tom Holland, Zendaya. **TV Films, page 69**
- 10.55 **World Rally Championship NZ** Day 4 highlights, featuring the purpose-built Jack's Ridge Power Stage.
- 11.25 **9-1-1** (M, R, C)
- 12.25am **Infomercials**
- 5.30 - 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 **Kids' Programmes** (C)
- 6.50 **Religious Programming** (PG)
- 10.00 **LPGA Highlights** (G) Arkansas Championship.
- 11.00 **NXT** (PG, R)
- Noon **Traffic Cops** (PG, R, C)
- 1.00 **Sewer Squad** (PG, R, C)
- 2.00 **Storage Wars** (PG, R, C)
- 2.30 **Judge Judy** (PG)
- 3.25 **Legacy: The Māori All Blacks** (G, R, C)
- 4.00 **Mainfreight Rugby** (G)
- 5.00 **Rugby Nation** (G)
- 5.30 **Prime News**
- 6.00 **American Pickers** (PG, R)
- 7.00 **Storage Wars** (PG, R, C)
- 7.30 **Rescue: River Deep Mountain High** (PG, R, C)
- 8.00 **Kalgoorlie Cops** (M, C)
- 8.30 **The Equalizer** (M, C) Bishop asks McCall, Harry and Mel for help when a terrorist from his past targets his son.
- 9.30 **Game of Thrones** (18, C) Tyrion learns of Cersei's secret weapon.
- 11.45 **SmackDown** (PG)
- 12.45am **Fear the Walking Dead** (18, C)
- 2.00 - 6.00 **Infomercials**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Whānau Bake-Off (G, R)
9.30 Easy Eats (G, R)
10.00 Kai with Anne Thorp (G, R)
10.30 Moon Tide Fishing (G, R)
11.00 Te Ao Mārama
11.30 Te Ao with Moana (R)
Noon Te Ao Tapatahi
12.30 Tagata Pasifika
1.00 5 Minutes of Fame (G, R)
2.00 **■ The Swan Princess: Mystery of the Enchanted Treasure** (1998, G) Voice of Michelle Nicastro.
3.30 Our Songs (G, R)
4.00 Waka Huia (G, R)
4.30 The Hui (R)
5.00 Our Other Islands (PG, R)
5.30 Te Ao Toa
6.30 **Heritage Rescue** (G, R) At Kawhia Museum, Brigid Gallagher finds national treasures languishing in outdated settings.
7.30 **Persons of Interest** (PG) Documentary about declassified dossiers of people who were once watched by Australia's intelligence agency.
8.30 **■ Misbehaviour** (2020, M) A group of women hatch a plan to disrupt the 1970 Miss World beauty competition in London. Keira Knightley, Gugu Mbatha-Raw. **TV Films, page 69**
10.10 - 11.10 Tāringa (G, R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
7.00 DUKEbox Music
9.50 **Extreme E** (R) Chile highlights.
11.10 **Seven Worlds, One Planet** (G, R, HD, C, AD)
12.15 **The Crystal Maze** (G, R, HD, C, AD)
2.05 **Motorway Patrol** (PG, R, C)
2.55 **River Monsters** (PG, R, HD, C)
3.50 **Xploration: Awesome Planet** (G, R)
4.15 **Impossible Engineering** (G, R, HD, C, AD)
5.15 **The Big Bang Theory** (PG, R, HD, C, AD) s5ep4
6.00 **Rescue Cam** (PG, R, HD)
6.30 **Fish of the Day** (G, R, HD, C) s1ep8
7.00 **Family Guy** (PG, R, HD, C, AD)
7.30 **The Simpsons** (G, R, HD, C) s20ep13
8.30 **South Seas Spearo** (PG, HD, C) The Deep South. s3ep2
9.30 **Wild Kai Legends** (M, HD, C) The Chatham Islands. s3ep2
10.00 **■ The Season** (PG) Hunting series. s1ep1
10.35 **Fast Justice** (PG, R, HD, C, AD)
11.35 - 12.30am **Red Arrows Take America** (G, R, HD)



Film: THE TRICK

A film that dramatises "Climategate", the 2009 hack of servers at the Climatic Research Unit at the University of East Anglia. Writer Owen Sheers focuses on Professor Philip Jones (Jason Watkins) and his wife Ruth (Victoria Hamilton), his staunch supporter. **RIALTO, 8.30pm**

BRAVO

FREEVIEW 4 SKY 012

- 6.00 **Top Chef** (PG, R)
9.10 **Hoarders** (PG, R)
10.50 **Rich Listers NZ** (PG, R)
11.40 **Love It or List It** (G, R)
1.30 **Stop Search Seize** (PG, R)
2.30 **Rich Kids Go Skint** (PG, R)
3.30 **A Place in the Sun: Summer Sun** (PG, R)
4.30 **A Place in the Sun: Winter Sun** (G, R)
6.30 **Love It or List It** (G)
7.30 **■ The Perfect Man** (2005, PG, R, C) A teenager conceives a plan for an imaginary secret admirer who will romance her single mum and boost her shaky self-esteem. Hilary Duff, Heather Locklear, Chris Noth.
9.40 **999 What's Your Emergency?** (M, R) An elderly woman has had her life savings stolen.
10.40 **Young, Dumb and Banged Up in the Sun** (M, R)
11.35 **The Real Housewives of Dubai** (M)
12.30am - 6.00 Infomercials

SKY PREMIERE

SKY 030

- 6.40 **Voyagers** (2020, 16) Tye Sheridan, Colin Farrell
8.30 **In the Heights** (2021, PG) Anthony Ramos, Melissa Barrera
10.55 **Scream** (2022, 16) Melissa Barrera
12.50 **Godzilla vs. Kong** (2021, M) Alexander Skarsgard, Millie Bobby Brown
2.45 **Cry Macho** (2021, M) Clint Eastwood, Eduardo Minett
4.30 **Wrath of Man** (2021, 16) Jason Statham
6.30 **Hitman's Wife's Bodyguard** (2021, 16) A bodyguard must team up with a hitman and his wife to stop a terrorist. Ryan Reynolds, Samuel L Jackson, Salma Hayek
8.30 **Ghostbusters: Afterlife** (2021, PG) A single mum and her two kids discover their connection to the original Ghostbusters. Carrie Coon, Paul Rudd **TV Films, page 69**
10.35 **Halloween Kills** (2021, 16) Jamie Lee Curtis, Nick Castle
12.20am **The Fallout** (2021, 16) **1.55 The Courier** (2020, M) **3.45 Come Play** (2020, M) **5.20 The Nest** (2020, 16)

EDEN

FREEVIEW 8 SKY 013

- 6.00 **Key of David**
6.30 **Through the Bible**
7.00 **Leading the Way**
7.30 **Turning Point**
8.00 **Baked in Vermont** (G)
8.25 **The Best Thing I Ever Ate** (R)
9.15 **Monument Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
10.45 **Robson's Grand Slam** (G)
11.35 **Flea Market Flip** (G, R)
Noon **King of Cones** (G)
1.00 **Ridiculous Cakes** (G)
1.30 **The 1% Club** (PG, R)
2.30 **My Lottery Dream Home** (G, R)
3.00 **Amanda to the Rescue** (PG)
4.00 **Baker's Dozen** (PG)
5.00 **Monument Mysteries** (PG)
6.00 **American Pickers** (PG)
7.00 **Baggage Battles** (G)
7.30 **Tony Robinson's Coast to Coast** (G)
8.30 **■ All the Money in the World** (2017, M) Michelle Williams, Christopher Plummer.
11.05 **Forged in Fire** (PG)
12.00am - 6.00 Infomercials

MOVIES CLASSICS

SKY 034

- 7.05 **Rebel Without a Cause** (1955, M) James Dean, Natalie Wood
8.55 **The Battle of Britain** (1969, PG) Michael Caine, Laurence Olivier
11.05 **Cape Fear** (1991, 16) Robert De Niro, Nick Nolte
1.10 **The Bodyguard** (1992, M) Kevin Costner, Whitney Houston
3.20 **Bullitt** (1968, M) Steve McQueen, Robert Vaughn
5.10 **Malcolm X** (1992, M) Denzel Washington, Angela Bassett
8.30 **Twelve Angry Men** (1957, G) One man tries to convince 11 other jurors that their hasty conviction of a boy on trial should be reconsidered. Henry Fonda, Martin Balsam
10.05 **Dressed to Kill** (1980, 18) A psychiatrist, a call girl and a cop try to discover the identity of a razor-wielding killer who is attacking women in New York. Michael Caine, Angie Dickinson
11.50 **The Human Factor** (1979, M) Richard Attenborough, Nicol Williamson
1.45am **Alvarez Kelly** (1966, PG)
3.35 **The Ruling Class** (1972, M)

RUSH

FREEVIEW 14 SKY 024

- 6.00 **Tanked** (PG, R)
7.40 **Desert Car Kings** (PG, R)
8.30 **Building Off the Grid: Yellowstone River** (G, R)
9.20 **100 Days Wild** (PG, R)
10.10 **Men, Women, Wild** (PG, R)
11.00 **Inside West Coast Customs** (PG, R)
11.50 **Garage Squad** (PG, R)
1.30 **Wheeler Dealers** (PG, R)
5.45 **Garage Squad** (PG)
6.40 **Head Rush** (G)
7.30 **Desert Car Kings** (PG) The crew works on a 1950 Studebaker Champion coupe.
8.25 **Highway to Sell** (PG) Dennis and Slick partner with the owners of two iconic Fords, a Mustang Fastback and a Thunderbird.
9.20 **Texas Metal** (PG) The crew creates a ground-up build for NFL legend Earl Campbell's 1949 Cadillac.
10.15 **Airplane Repo** (M)
11.10 **Garage Squad** (PG, R)
12.00am Programmes continue

RIALTO

SKY 039

- 7.15 **The Justice of Bunny King** (2021, M) Essie Davis, Thomasin McKenzie
8.55 **Sputnik** (2020, 16) Oksana Akinshina
10.50 **Anonymous Animals** (2020, 16) Thierry Marcos
Noon **Nitram** (2021, 16) Caleb Landry Jones
1.50 **The Man on the Island** (2020, M) NZ documentary.
3.10 **Three Summers** (2019, PG) Regina Case
4.45 **The Mole: Undercover in North Korea** (2020, M) Danish documentary.
6.50 **No Man of God** (2021, 16) Elijah Wood, Luke Kirby
8.30 **Rialto British: The Trick** (2021, M) Based on the story of a professor and his team whose work was hacked by climate change deniers. Jason Watkins, George MacKay
10.05 **Some Kind of Heaven** (2020, M) US documentary.
11.30 **Slalom** (2020, 18) Jeremie Renier
1.00am **The Dissident** (2020, M)
2.55 **Three Summers** (2019, PG)
4.30 **The Mole: Undercover in North Korea** (2020, M)

SKY CHANNELS

Vibe SKY 006

6.35 Family Finders (M) s2ep14&15 **7.45** Judge Judy Omnibus (PG) **9.50** The Closer Omnibus (M) **1.45** Harlots (16) s2ep4 **2.45** ■ Happily Never After (2017, PG) Danielle Savre. **4.30** Back in Time for Dinner (PG) s1ep6 **5.30** Stacey Dooley Investigates (M) **6.40** Dream Home Rescue (PG) s1ep17&18 **7.40** Designing Dreams (G) Architect Michael O'Sullivan takes Matthew Ridge on a tour of some of his favourite structures, including the first house in the world to see the sun of a new day. s1ep6 **8.40** Victoria (M) As Albert leaves for Cambridge, Victoria faces the impact of a cholera epidemic on the streets of London. s3ep4 **9.40** Agatha Christie's Marple (M) Miss Marple is given the responsibility of hiding a young mother and son from danger. s6ep2 **11.25** Back in Time for Dinner (PG) s1ep6 **12.35am** Programmes continue

BBC UKTV SKY 007

6.00 Hypothetical (M) s2ep7&8 **7.30** The Singapore Grip (M) s1ep1 **8.20** Holby City (PG) s21ep23 **9.25** EastEnders Marathon (PG) **11.25** The Jonathan Ross Show (M) s18ep6 **12.15** The Graham Norton Show (M) s29ep12 **1.10** 8 Out of 10 Cats Does Countdown (M) **2.00** Midsomer Murders (PG) s19ep3 **3.45** The Mallorca Files (PG) s1ep3 **4.35** Sanditon (PG) s2ep2 **5.35** Heartbeat (PG) **6.30** Death in Paradise (M) s10ep8 **7.35** Doc Martin (M) Louisa is furious to discover she has a rival for the Doc's affections. s3ep4 **8.30** Who Do You Think You Are? (PG) Ruth Jones uncovers her grandfather's role in the Medical Aid Societies of south Wales, which provided a model for the NHS. **9.35** Call the Midwife (PG) Sister Julianne works at Holloway Prison, and Jenny's life is turned upside down when Alec has a terrible accident. s3ep3&4 **11.40** Casualty (PG) s37ep6 **12.30am** Programmes continue

SoHo SKY 010

6.15 Work in Progress Marathon Continues (16) s1ep3-8 **9.15** Curb Your Enthusiasm Marathon (M) s10ep1-10 **3.50** Shameless Hall of Shame (18) s1ep3 **4.40** Animal Kingdom (16) s6ep10 **5.30** Industry (16) s2ep4 **6.30** White House Farm (18) s1ep6 **7.25** Bill Maher: Adulthood (16) Stand-up comedy special. **8.30** Black Narcissus (16) Feelings come to a head between Clodagh, Ruth and Mr Dean at Christmas. s1ep2 **9.30** House of the Dragon (18) s1ep6 **10.40** Real Time with Bill Maher (M) s20ep29 **11.40** Atlanta (16) s4ep2 **12.10am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.05** Garden Rescue (PG) **7.55** The Great Garden Revolution (PG) **8.45** Gardening Australia (PG) **9.45** The Great British Dig (PG) **10.45** Salvage Hunters: The Restorers (PG) **11.35** Miriam Margolyes: Almost Australian (M) **12.35** Rachael Ray's Week in a Day (PG) **1.25** Girl Meets Farm (PG) **1.50** Halloween Wars Marathon (PG) **6.50** Haunted Gingerbread Showdown (PG) Chefs make gingerbread creations to mark the anniversary of Beetlejuice. **7.35** The Great British Dig (PG) Hugh Dennis and a team of archaeologists excavate back gardens around Britain. **8.30** Shed and Buried (PG) **9.30** Every Family Has a Secret (PG) **10.30** Halloween Wars Marathon (PG) **3.45am** Programmes continue

Investigation Discovery SKY 018

6.05 Obsession: Dark Desires (M) **7.45** True Conviction (M) **8.35** People Magazine Investigates (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Homicide City (M) **1.05** Body Cam (M) **2.00** Still a Mystery Marathon (M) **6.35** OJ and Nicole: An American Tragedy (M) **8.30** Murder in the Heartland (M) **9.30** Undercover Underage (M) **10.30** Murder Comes to Town (M) **11.25** Dead of Night (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.00 Keyboard Fantasies **8.00** The Fiery Angel (G) Opera by Sergei Prokofiev. **10.05** Musee D'orsay: A Great Metamorphosis **11.00** Parklife **12.30** ■ Scrap (2022, G) **1.45** Chrissie Hynde Sings Bob Dylan **3.00** Keyboard Fantasies **4.00** Argerich & Braunstein: A Romantic Take **5.30** Masterpieces Unveiled **6.00** ■ Underplayed (2020, G) Documentary about gender, ethnic and equality issues in dance music. **7.30** You, Myself and Art **8.00** The Avicii Tribute Concert (G) Avicii collaborators, vocalists and a 30-piece band perform Avicii's biggest hits to raise mental health awareness. **10.15** The Decisive Moment **10.30** Rock Legends: The Byrds **11.00** Rock Legends: Aretha Franklin **11.30** Rock Legends: Buddy Holly **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Strange Evidence (M) **7.45** How the Universe Works (PG) **8.35** Deadliest Catch (M) **9.25** Dirty Jobs (PG) **10.20** What on Earth? (PG) **11.15** Gold Rush the Dirt: The Hoffman Story (M) **12.10** Aussie Gold Hunters (PG) **1.05** Heavy Tow Truckers Down Under (PG) **2.00** Outback Opal Hunters Marathon (PG) **7.30** Aussie Gold Hunters (PG) **8.30** Naked and Afraid (M) **10.00** Man Caves (PG) **10.30** Dual Survival (M) **11.25** Strange Evidence (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Witness to Disaster (M) **7.30** Air Crash Investigation: Special Report (M) **9.30** Last of the Giants: Wild Fish (PG) **10.30** Wicked Tuna (PG) **11.30** First Alaskans (PG) **12.30** Mine Kings (M) **1.30** César Millan: Better Human, Better Dog (PG) **3.30** Drain the Oceans Best Of (PG) **5.30** Megastructures **6.30** Aussie Snake Wranglers (PG) **7.00** Edge of the Unknown (PG) **7.30** César Millan: Better Human, Better Dog (PG) A young Rhodesian Ridgeback's overprotectiveness is terrorising everyone around him. **8.30** Air Crash Investigation: Special Report (M) **9.30** New Air Force One: The Flying Fortress (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Aussie Snake Wranglers (PG) **12.00am** Programmes continue

History SKY 073

6.30 History's Greatest Mysteries (PG) **7.30** Egypt (PG) **8.30** Time Team **9.30** Henry IX: The Lost King (PG) **10.40** Henry VIII: Man, Monarch, Monster (PG) **11.35** History's Greatest Mysteries (PG) **12.30** Egypt (PG) **1.30** Aussie Inventions That Changed the World (PG) **2.30** Abraham Lincoln (PG) **4.25** The Riddle of the Carpathian Sphinx (PG) **5.30** China's Dragon Emperor (PG) **6.30** Abandoned Engineering (PG) **7.30** Ancient Skies (PG) **8.30** Henry VIII's Enforcer: The Rise and Fall (PG) Thomas Cromwell rose from poor beginnings to become chief minister to King Henry VIII. **9.30** Last B-24 (PG) **10.30** Ancient Apocalypse (PG) **11.30** The DC-3 Story (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (PG) **6.45** Natural History Museum: World of Wonder (PG) **7.35** Louis Theroux: Life on the Edge (M) **8.30** The Parkinson's Drug Trial (M) **9.35** Attenborough and the Giant Egg (PG) **10.30** One Cup, a Thousand Stories (PG) **12.25** The Hunt: The Making of (PG) **12.35** The Dog Rescuers with Alan Davies (M) **1.20** The Dog Rescuers with Alan Davies (PG) **2.10** 24 Hours in A&E (PG) **3.00** 24 Hours in A&E (M) **3.50** The Planets: Minisodes (PG) **3.55** Brian Cox's Adventures in Space and Time (PG) **4.50** Frozen Planet (PG) **5.45** Wild Kingdom (PG) **6.50** Life Below Zero (PG) **7.40** The Dog Rescuers with Alan Davies (M) **8.30** Spy in the Wild II (PG) The spy creatures get close to a hippo pod and a nursery of red flying foxes. **9.35** Brian Cox's Adventures in Space and Time (PG) Brian explores a simple question: what is time? **10.35** The Parkinson's Drug Trial (M) **11.40** Attenborough and the Giant Egg (PG) **12.40am** Programmes continue



BBC UKTV: Who Do You Think You Are?, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 National Provincial Championship, Auckland v Taranaki **6.15** West Indies Women v White Ferns, 3rd T20, **live** **10.30** UFC on Sky **11.00** TBA **1.00** Heartland Championship, Mid Canterbury v South Canterbury **1.15** National Provincial Championship, Southland v North Harbour **1.30** National Provincial Championship, Auckland v Taranaki **1.45** National Provincial Championship, Otago v Canterbury **2.00** National Provincial Championship, Counties Manukau v Wellington, from Navigation Homes Stadium, Auckland, **live** **4.00** National Provincial Championship, Hawke's Bay v Tasman **4.15** Heartland Championship, Mid Canterbury v South Canterbury **4.30** National Provincial Championship, Waikato v Bay of Plenty, from FMG Stadium Waikato, Hamilton, **live** **6.30** West Indies Women v White Ferns, 3rd T20, highlights **7.00** NRL Premiership, Grand Final, **live** **11.00** The Breakdown **12.00am** Super League Triathlon, Toulouse, **live** **2.30** NPC, Counties Manukau v Wellington **2.50** Gallagher Premiership, Harlequins v Northampton Saints, **live** **5.00** NPC, Northland v Manawatu, replay

Sky Sport 2 SKY 052

6.00 Premier League, Arsenal v Tottenham Hotspur, replay **8.00** Premier League, Liverpool v Brighton, replay **10.00** Premier League, Fulham v Newcastle United, replay **Noon** Gallagher Premiership, Saracens v Leicester Tigers, replay **2.00** National Provincial Championship, Northland v Manawatu, from Semenoff Stadium, Whangarei, **live** **4.00** NBL, Melbourne United v NZ Breakers, from John Cain Arena, Melbourne, **live** **6.00** Fox Sports News **7.00** Caribbean Premier League, Qualifier 2 **7.30** ATP 250, Korea Open, final, from Seoul Olympic Park Tennis Center, **live** **9.30** ATP 250, Sofia Open, day 6, semi-final 2 **11.00** NBL, Melbourne United v NZ Breakers, replay **1.00am** Premier League, Arsenal v Tottenham Hotspur, replay replay **3.00** National Provincial Championship, Hawke's Bay v Tasman **3.20** Pakistan v England, 7th T20, **live**

Sky Sport 3 SKY 053

6.00 FIM Speedway, round 10, Marian Rose MotoArena, Torun, Poland, from **live** **9.00** Gallagher Premiership, Saracens v Leicester Tigers, replay **11.00** India v South Africa, 1st T20 **11.25** Caribbean Premier League, Final, highlights **11.55** Women's National Cricket League, New South Wales v Western Australia, from North Sydney Oval, **live** **7.30** The Breakdown, **live** **8.30** Rugby Nation **9.00** Pakistan v England, 6th T20 **9.45** W Series, round 6, Singapore, **live** **10.30** Caribbean Premier League, Final **11.00** India v South Africa, 1st T20, replay **2.50am** India v South Africa, 2nd T20, from Dr Bhupen Hazarika Cricket Stadium, Guwahati, **live**

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD, C)** Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Unbeatable (G, HD, C)**
- 10.00 Tipping Point (G, R, HD, C)** Ben Shephard hosts a UK quiz show.
- 11.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PG, HD, C, AD)** Liam is shocked, Dan is concerned, and Dawn is anxious.
- 1.30 Country Calendar (G, R, HD, C, AD)** A couple have developed a bare block of stony Wairarapa ground into a vineyard and olive grove producing top-class wine and oil.
- 2.00 The Repair Shop (G, R, HD, C, AD)** UK series in which expert craftspeople restore treasured items.
- 3.00 Tipping Point (G, HD, C)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow: Britain's Busiest Airport (G, R, HD, C, AD)** UK series following some of the 77,000 workers at Heathrow Airport.
- 5.00 The Chase (G, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 Fair Go (C)** Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
- 8.00 The Check Up (G, HD, C, AD)** Mataroria Lyndon, Shawn Gielen-Relph, Jayani Kannangara and Vanisi Prescott present a local health series. Tonight, Shawn visits an anaesthetist, Jayani discovers if collagen can cancel out ageing, and Vanisi looks at the risks of catching rheumatic fever. s3ep5
- 8.30 My Life Is Murder (M, HD, C, AD)** When a Christmas lights aficionado falls from his roof, Alexa must unravel a mystery as tangled as his beloved lights. s3ep5
- 9.30 20/20 (HD, C)** Carolyn Robinson presents international current affairs.
- 10.30 1 News (HD, C)**
- 11.00 Shortland Street (PG, R, C, AD)**
- 11.30 Paramedics (M, R, HD, C)**
- 12.25am Q+A with Jack Tame (R, HD, C)**
- 1.25 Te Karere (R, HD)**
- 2.00 Infomercials**
- 5.30 - 6.00 Te Karere (R, HD)**

TVNZ 2 FREEVIEW 2 SKY 002

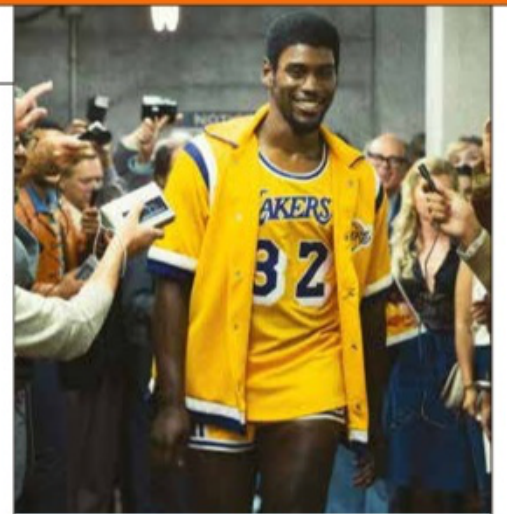
- 6.00 Les Mills Born to Move (G, R, HD, C)**
- 6.25 Code Fun (G, R, HD, C, AD)**
- 6.40 Takaro Tribe (G, R, HD, C, AD)**
- 6.50 Darwin & Newts (G, R, HD, C, AD)**
- 7.05 Robin Hood: Mischief in Sherwood (G, HD, C)**
- 7.30 Agent Binky: Pets of the Universe (G, HD, C)**
- 7.55 Teen Titans Go! (G, R, HD, C)**
- 8.15 Gus - the Itsy Bitsy Knight (G, HD, C)** s1ep7
- 8.25 Mighty Little Bheem (G, R, HD, C)**
- 8.40 Sesame Street (G, HD, C)**
- 9.05 Infomercials**
- 9.35 Les Mills BodyBalance (G, R, HD, C)**
- 10.05 The Drew Barrymore Show (PG, C)**
- 10.35 Home and Away (G, R, HD, C)**
- 11.05 Shortland Street (PG, R, HD, C, AD)**
- 11.35 Charmed (PG, HD, C)**
- 12.30 First Dates (PG, HD, C)**
- 1.30 Down for Love (G, R, HD, C, AD)**
- 2.30 The Drew Barrymore Show (PG, C)**
- 3.00 Will & Grace (G, R, C)** s1ep21
- 3.30 The Feed (PG, HD, C)**
- 5.00 The Simpsons (PG, R, HD, C, AD)** s32ep8
- 5.30 Friends (G, R, HD, C)** s1ep11
- 6.00 Ghosts (PG, HD, C, AD)** s1ep12
- 6.30 Home and Away (G, HD, C)** Ziggy struggles to hide her pregnancy, and Tane wants to call it quits.
- 7.00 Shortland Street (PG, HD, C, AD)** Harper reconnects with her party girl, Viv faces the fallout, and Cece lets loose.
- 7.30 Celebrity Treasure Island (PG, HD, C, AD, another episode screens tomorrow)** Jesse, Cam, Joel and Siobhan battle it out for the ultimate game changer.
- 8.30 Renters (PG, HD, C, AD)** In Waihōpai/Invercargill, Tracy discovers a lack of weeding outside and the smell of weed inside. s10ep5
- 9.00 Australian Survivor: Blood v Water (M, HD, C, another episode screens tomorrow)** One castaway starts playing alliances off one another.
- 10.30 The Walking Dead (16, C)** s11ep17
- 11.30 Two and a Half Men (PG, R, HD, C)** s8ep13
- 12.00am 2 Broke Girls (PG, R, HD, C)** s2ep11
- 12.30 Counterpart (16, HD, C)** s1ep8
- 1.25 Emmerdale (PG, R, HD, C, AD)**
- 2.10 Infomercials**
- 3.10 The Cube (G, R, HD, C)**
- 3.55 Heroes (M, R, C)** s3ep17
- 4.35 Hollyoaks (PG, R, HD, C, AD)**
- 5.00 - 6.00 Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush (PG, R, C)**
- 11.30 Newshub Live**
- Noon Undercover Angel (1999, PG, R, C)** Yasmine Bleeth, Dean Winters.
- 2.00 Cutthroat Kitchen (G, C)**
- 3.00 Outrageous Acts of Science (PG, C)**
- 4.00 Bath Crashers (G, C)**
- 4.30 Newshub Live**
- 5.00 Gold Rush (PG, C)**
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 The Block NZ: Redemption (PG, C, another episode screens tomorrow)**
- 8.40 The Rookie (M, C)** Nolan and Chen search for a missing person who may have international ties that put everyone in danger, and a biker hit by a car has been taken away by the driver. s4ep4
- 9.35 Law & Order: Special Victims Unit (16, C)** The squad spends New Year's Eve tracking down an Amber Alert, and Carisi faces off against Rafael Barba in an emotional courtroom battle. s22ep4
- 10.35 Newshub Late**
- 11.05 Head High (M, R, C)** Local drama series about rival rugby-playing schools.
- 12.05am Infomercials**
- 5.30 - 6.00 AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes (C)**
- 9.40 The Neighborhood (PG, C)**
- 10.10 Kids Say the Darndest Things (PG, R, C)**
- 11.10 The Unicorn (PG, R, C)**
- 11.35 Judge Judy (PG)**
- Noon Designing Dreams (G, R, C)**
- 1.00 Traffic Cops (PG, R, C)**
- 2.00 The Late Show with Stephen Colbert (PG, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 American Pickers (PG, R)**
- 5.00 Tagata Pasifika (G)**
- 5.30 Prime News**
- 6.00 Storage Wars (PG, R, C)**
- 7.00 Pawn Stars (PG, R)**
- 7.30 American Pickers (PG, R)**
- 8.30 The Crowd Goes Wild**
- 9.30 Winning Time: The Rise of the Lakers Dynasty (16, C)** US drama series based on the 1980s "showtime" era of the Los Angeles Lakers basketball team.
- 10.45 The Late Show with Stephen Colbert (PG)**
- 11.45 Ballers (16)**
- 12.30am - 6.00 Infomercials**

**Biopic: WINNING TIME: THE RISE OF THE LAKERS DYNASTY**

They were called the "Show-time Lakers" and they dominated the NBA in the 1980s, thanks to the acquisition, in 1979, of the kid who would go on to become one of the greatest players of all time, Magic Johnson. This series, executive-produced by Adam McKay (*Succession*), takes liberties with the story of the rise of the LA Lakers, but it's a fun ride, with a suitably 80s VHS look, awesome costume design and a slimmed-down John C Reilly having the time of his life as flashy new owner (now legend) Jerry Buss. **PRIME, 9.30pm**

**Sci-fi: THE MAN WHO FELL TO EARTH**

The 1976 film starring David Bowie is cleverly woven through this series; for one thing, every episode title is a Bowie song, and for another, Bill Nighy plays Bowie's character, Newton. But it's so much more, holding up a mirror to human behaviour via a brilliant performance from Chiwetel Ejiofor. **SOHO, 9.30pm and NEON**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Oranga Ngākau (G)
9.00 Easy Eats (G, R)
9.30 Whānau Living (G, R)
10.00 Kai Safari (G, R)
10.30 Toi Te Ora (G, R)
11.00 Persons of Interest (PG, R)
Noon Te Ao Tapatahi
12.30 Celebrity Playlist (G, R)
1.00 Heritage Rescue (G, R)
2.00 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Waitaha (G, R) Waitaha, from Ōtautahi.
6.30 Te Ao Mārama
7.00 Marae Current affairs.
7.30 ■ Our Other Islands (G) Troy Kingi is in the Bay of Islands meeting Māori and Pākehā locals.
8.00 Te Ao with Moana Moana Maniapoto presents a current affairs series.
8.30 ■ Bombshell: The Hedy Lamarr Story (2017, G) Documentary about the life and career of Hollywood movie star and underappreciated genius inventor Hedy Lamarr.
10.10 Indigenous 100 (G, R) Julian Wilcox meets Tā Tipene O'Regan.
10.40 Ki Tua (G, R) Series Māori leaders and influencers.
11.10 - 11.40 Te Ao Mārama (R)

Film: BOMBHELL: THE HEDY LAMARR STORY

An amazing story, but full of what-ifs. What else might Hedy Lamarr have invented with the right support? For one, the star of Hollywood's Golden Age thought up technology that would become the basis for Bluetooth and wifi.
WHAKAATA MĀORI, 8.30pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.40 Million Dollar Listing LA (PG, R)
2.35 Love It or List It (G, R)
3.35 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 Snapped: Killer Couples (M) In Aspen, a socialite is found murdered in her home.
8.30 New York Homicide (16) A criminology student was killed while celebrating her birthday at a bar.
9.30 Twisted Killers (16) In Dearborn Heights, police find a killing field of strangled young women.
10.30 Snapped (M, R)
11.30 A Lie to Die For (PG, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 Amanda to the Rescue (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Baker's Dozen (PG, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G)
Noon Bang on Budget (PG)
1.00 American Restoration (PG)
1.30 Baggage Battles (G, R)
2.00 Coast to Coast (G, R)
3.00 My Cat from Hell (PG)
3.55 Jamie's Super Food (G)
4.55 Monument Mysteries (PG)
5.55 American Pickers (PG)
6.55 Shipping Wars (PG)
7.25 Border Security Aus (PG)
8.00 Newshub Live
8.30 Richard Hammond's Workshop (PG)
9.30 World's Greatest Hotels (PG)
10.30 Shipping Wars (PG, R)
11.00 Border Security Aus (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Wheeler Dealers (PG, R)
8.30 Desert Car Kings (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Treehouse Masters (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Wheeler Dealers (PG, R)
4.00 Desert Car Kings (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Wheeler Dealers (PG)
7.30 Men, Women, Wild (PG)
8.25 Man vs. Wild (PG) Bear explores nature's kitchen.
9.20 Naked and Afraid (M)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.30 DUKEbox Music
11.05 Beat the Chef (G, R, HD, C)
Noon Two and a Half Men (PG, R, HD, C) s12ep12
12.25 Everybody Hates Chris (PG, R, HD, C)
12.50 River Monsters (PG, R, HD, C)
1.45 Star Trek Discovery (PG, HD, C) s3ep7
2.40 Hunting Aotearoa (PG, R, HD)
3.10 Heavy Rescue 401 (PG, R, HD)
4.00 The Chase Australia (G, C)
4.50 ABC World News (PG)
5.15 Taste of Australia with Hayden Quinn (G, HD, C)
5.40 Abandoned Engineering (G, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C) s12ep13
7.05 Everybody Hates Chris (PG, R, HD, C)
7.30 The Simpsons (PG, R, HD, C)
8.30 Family Guy (PG, R, HD, C, AD)
9.25 Ten Year Old Tom (16, HD, C)
10.00 Robot Chicken (16, HD)
10.25 Aqua Teen Hunger Force (16, HD)
10.50 The Eric Andre Show (16, HD)
11.15 The Venture Bros (16, HD)
1.50am - 2.10 ABC World News (PG, R)

SKY PREMIERE

SKY 030

- 7.05 Four Good Days (2019, M) Mila Kunis, Glenn Close
8.45 Secret Life of a Celebrity Surrogate (2020, M) Carrie Wampler, Brianne Davis
10.10 The Space Between (2021, M) Kelsey Grammar
11.50 2 Hearts (2020, M) Jacob Elordi, Tiera Skovbye
1.30 Gunpowder Milkshake (2021, 16) Karen Gillan
3.23 Resident Evil: Welcome to Raccoon City (2021, 16) Kaya Scodelario, Robbie Amell
5.10 Escape Room: Tournament of Champions (2021, M) Taylor Russell, Logan Miller
6.45 Falling for Figaro (2021, M) An American fund manager leaves her job to train as an opera singer in the Scottish Highlands. Danielle Macdonald, Hugh Skinner
8.30 The Night House (2020, M) A grieving woman discovers that her lakeside home is haunted. Rebecca Hall
10.20 Chaos Walking (2021, M) Tom Holland, Daisy Ridley
12.10am Snake Eyes: G.I. Joe Origins (2021, M) 2.10 Let Them All Talk (2020, M) 4.00 The Night House (2020, M) 5.50 Crisis (2020, 16)

MOVIES CLASSICS

SKY 034

- 6.05 Robinson Crusoe (1954, G) Dan O'Herlihy
7.35 Castle Keep (1969, M) Burt Lancaster, Patrick O'Neal
9.20 Sweet Smell of Success (1957, PG) Tony Curtis, Burt Lancaster
10.55 Jubal (1956, PG) Glenn Ford, Ernest Borgnine
12.35 Forever Young (1992, PG) Mel Gibson, Jamie Lee Curtis.
2.15 The Towering Inferno (1974, PG) Steve McQueen
4.55 The Last Detail (1973, 18) Jack Nicholson, Randy Quaid
6.37 The Net (1995, M) A software engineer takes her first holiday in years and becomes embroiled in a web of espionage. Sandra Bullock, Jeremy Northam
8.30 Dog Day Afternoon (1975, 18) A bank robbery turns into a media circus when it emerges that one of the crooks wants money for his lover's sex change. Al Pacino, John Cazale
10.35 Paths of Glory (1957, PG) Kirk Douglas, Ralph Meeker
12.05am The Shining (1980, 16) 2.25 The King of Comedy (1983, PG)
4.15 Goodfellas (1990, 16)

RIALTO

SKY 039

- 6.35 The Trick (2021, M) Jason Watkins, George MacKay
8.10 Some Kind of Heaven (2020, M) US documentary.
9.35 No Man of God (2021, 16) Elijah Wood, Luke Kirby
11.15 The Dissident (2020, M) US documentary.
1.10 Three Summers (2019, PG) Regina Case
2.45 Breaking Bread (2020, M) US/Israeli documentary.
4.15 The North Water (16) s1ep1
5.15 The Eight Hundred (2020, 16) Zhi-Zhong Huang
7.40 War of the Worlds (16) The aliens search for Bill Ward. s2ep4
8.30 Rialto World: The Man Who Sold His Skin (2020, 16) A Syrian refugee agrees to have his body turned into a living work of art and displayed in a museum. Yahya Mahayni **TV Films, page 69**
10.15 Dirty Tricks (2021, M) Israeli documentary.
12.00am The Night (2020, M) 1.45 35 Days (M) s5ep1&2 3.25 Breaking Bread (2020, M) 4.55 The North Water (16) s1ep1 5.55 The Eight Hundred (2020, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s1ep3 **6.55** The Closer (M) s7ep1 **7.45** Major Crimes (M) s2ep4 **8.35** The Good Wife (M) s3ep3 **9.25** Covert Affairs (M) s4ep6 **10.15** Judge Judy (PG) **11.05** Agatha Christie's Marple (M) s6ep2 **12.55** Back in Time for Dinner (PG) s1ep6 **2.00** The Closer (M) s7ep1 **2.50** Major Crimes (M) s2ep4 **3.40** The Good Wife (M) s3ep3 **4.30** Judge Judy (PG) **5.30** Downton Abbey (M) s1ep3 **6.30** Covert Affairs (M) s4ep6 **7.30** Casualty 24/7 (M) s2ep5 **8.30** Ambulance (16) s8ep2 **9.45** Hospital (M) s1ep1 **11.00** The Good Wife (M) s3ep3 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep1 **6.25** Would I Lie to You? (PG) **6.55** QI (M) **7.30** Richard Osman's House of Games Night (PG) s2ep6 **8.00** The Bill (M) **8.50** A Touch of Frost (M) s8ep1 **10.15** Father Brown (PG) s6ep1 **11.00** Doc Martin (M) s6ep1 **11.50** Midsomer Murders (M) s7ep5 **1.35** The Bill (M) **2.25** New Tricks (M) s10ep10 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.15** The Graham Norton Show (M) s26ep14 **5.15** Who Do You Think You Are? Australia (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Sanditon (PG) s2ep3 **9.35** London Kills (PG) A seemingly unaffected widow points the finger at her brother-in-law. s3ep4 **10.30** Keeping Faith (M) s2ep2 **11.35** Midsomer Murders (M) s7ep5 **1.20am** Programmes continue

SoHo SKY 010

6.15 Flatbush Misdemeanors (16) s2ep2 **6.45** House of the Dragon (18) s1ep6 **7.55** Penny Dreadful: City of Angels (18) s1ep6 **8.50** White House Farm (18) s1ep6 **9.45** Real Time with Bill Maher (M) s20ep29 **10.45** Bill Maher: Adulthood (16) **11.50** Black Narcissus (16) s1ep2 **12.50** House of the Dragon (18) s1ep6 **2.00** House of the Dragon (18) s1ep7 **3.00** The House That Dragons Built (18) s1ep7 **3.25** Real Time with Bill Maher (M) s20ep29 **4.25** Our Cartoon President (16) s3ep14 **4.55** Dave (16) s1ep1 **5.30** The L Word: Generation Q (18) s1ep4 **6.20** Avenue 5 (M) s1ep3 **6.50** Insecure (16) s4ep2 **7.20** Last Week Tonight with John Oliver (M) s9ep24 **8.00** What We Do in the Shadows (16) s4ep7 **8.30** House of the Dragon (18) s1ep7 **9.30** The Man Who Fell to Earth (16) An alien crash lands in the oil fields of New Mexico. s1ep1 **10.30** American Gigolo (18) s1ep3 **11.30** DMZ (16) s1ep1 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family US (PG) **10.55** Paramedics on Scene (PG) **11.55** A Place in the Sun: Winter Sun (PG) **12.50** Love It or List It Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.40** Paramedics on Scene (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Grand Designs House of the Year (PG) **9.30** Escape to the Chateau **10.30** Grand Designs New Zealand (PG) **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** Where Murder Lies (M) **7.45** Evil Lives Here (M) **8.35** Homicide City (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Six Degrees of Murder (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** OJ and Nicole: An American Tragedy (M) **7.30** Evil Lives Here (M) **8.30** Where Murder Lies (M) **9.30** Evil Lives Here (M) **10.30** Murder Comes to Town (M) **11.25** Dead of Night (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.15 The Decisive Moment **6.30** Rock Legends: The Byrds **7.00** Rock Legends: Aretha Franklin **7.30** Rock Legends: Buddy Holly **8.00** Argerich & Braunstein: A Romantic Take **9.30** Masterpieces Unveiled **10.00** Underplayed (2020, G) **11.30** You, Myself and Art **Noon** The Avicii Tribute Concert **2.15** The Decisive Moment **2.30** Rock Legends: The Byrds **3.00** Rock Legends: Aretha Franklin **3.30** Rock Legends: Buddy Holly **4.00** Quatuor Ebene: Beethoven String Quartets **5.40** Homecoming: Marina Abramovic and Her Children **7.00** The Great Pottery Throw Down **7.50** Off Camera: Octavia Spencer **8.45** Citizen Hearst **9.35** Songs of Repression (2020, PG) Documentary about a a German colony in Chile. **11.05** Underground Ballet **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Gold Rush the Dirt: The Hoffman Story (M) **9.25** Aussie Gold Hunters (PG) **10.20** Gold Rush: Dave Turin's Lost Mine (M) **11.15** Heavy Tow Truckers Down Under (PG) **12.10** Man Caves (PG) **12.35** How Do They Do It? (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid (PG) **2.55** Gold Rush (M) **3.50** Deadliest Catch (M) **4.45** Alaska: The Last Frontier (M) **5.40** Demolition Down Under (PG) **6.35** Aussie Gold Hunters (PG) **7.30** Aussie Lobster Men (PG) **8.30** Great Southern Truckers (PG) **9.30** Airplane Repo (M) **10.30** Railroad Alaska (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Decades Remixed: The 80s Greatest (PG) **6.30** Hitler's Last Stand (M) **7.30** Aussie Snake Wranglers (PG) **8.00** Do or Die (PG) **8.30** Rescued (M) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Apocalypse: War of Worlds (16) **3.30** Nazi Megastructures (PG) **5.30** Hitler's Last Stand (M) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** First Alaskans (PG) **8.30** Edge of the Unknown (PG) **9.00** Do or Die (PG) **9.30** Rescued (M) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 China's Dragon Emperor (PG) **7.30** Ancient Apocalypse (PG) **8.30** Time Team **9.30** Ancient Skies (PG) **10.30** Henry VIII's Enforcer: The Rise and Fall (PG) **11.30** China's Dragon Emperor (PG) **12.30** Ancient Apocalypse (PG) **1.30** Battlefield (PG) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Smoke and Steel: The Modern World **6.30** Time Team **7.30** China's Dragon Emperor (PG) **8.30** The Engineering That Built the World (PG) **9.30** The Six Queens of Henry VIII (M) **10.30** Top 10 Treasures of Pompeii (PG) **11.30** The Nero Files (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Natural History Museum: World of Wonder (PG) **6.45** Life Below Zero (16) **7.35** Where the Wild Men Are: Revisited (PG) **8.25** Brian Cox: Forces of Nature (PG) **9.30** What Are We Feeding Our Kids? (PG) **10.25** The Dog Rescuers with Alan Davies (PG) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Nature's Great Events (PG) **1.20** Brian Cox: Forces of Nature (PG) **2.20** Natural History Museum: World of Wonder (PG) **3.10** Operation Arctic with Simon Reeve (PG) **4.05** What Are We Feeding Our Kids? (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (M) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are (PG) **10.20** Nature's Great Events (PG) **11.15** Operation Arctic with Simon Reeve (PG) **12.15am** Programmes continue



BBC Earth: The Dog Rescuers with Alan Davies, 6.50pm

SKY SPORT

Sky Sport 1 SKY 051

6.15 West Indies Women v White Ferns, 3rd T20, **live** **9.30** NPC, Waikato v Bay of Plenty, replay **11.30** NPC, Northland v Manawatu **11.45** NPC, Auckland v Taranaki **Noon** National Provincial Championship, Otago v Canterbury **2.00** National Provincial Championship, Counties Manukau v Wellington **2.15** National Provincial Championship, Waikato v Bay of Plenty **2.30** National Provincial Championship, Auckland v Taranaki, replay **4.30** FIM Speedway, round 10, from Marian Rose Motoarena, Torun, Poland, replay **7.30** Winter Games Highlights **8.00** Gallagher Premiership round 4 highlights **8.30** The Crowd Goes Wild, **live** **9.30** IMSA Weathertech Sportscar Championship, highlights **10.30** Premier League, Manchester United v Manchester City, replay **12.30am** Premier League, Leeds United v Aston Villa **12.45** Premier League, Liverpool v Brighton **1.00** Winter Games Highlights **1.30** The Crowd Goes Wild **2.30** The Breakdown **3.30** National Provincial Championship, Northland v Manawatu **3.45** NPC, Waikato v Bay of Plenty **4.00** Gallagher Premiership, Newcastle Falcons v Bristol Bears, replay

Sky Sport 2 SKY 052

7.30 Premier League, Arsenal v Tottenham Hotspur, highlights from Emirates Stadium, London **7.45** Premier League, West Ham United v Wolverhampton Wanderers, highlights from London Stadium **8.00** Premier League, Manchester United v Manchester City, replay from Old Trafford, Manchester **10.00** Premier League, Southampton v Everton, highlights from St Mary's Stadium, Southampton **10.15** Premier League, Bournemouth v Brentford **10.30** Premier League, Fulham v Newcastle United **10.45** Premier League, Liverpool v Brighton **11.00** Premier League, Leeds United v Aston Villa, replay **1.00** NBL, Melbourne United v NZ Breakers, replay **3.00** ATP 500, Japan Open, day 1, from Ariake Colosseum, Tokyo, **live** **2.00** Premier League, Manchester United v Manchester City **2.15** Premier League, Leeds United v Aston Villa **2.30** Rugby Nation **3.00** NRL, rand Final, highlights **3.30** NRL Women's Premiership, Grand Final, replay **5.30** Cricket, Caribbean Premier League, Final, highlights

Sky Sport 3 SKY 053

7.00 Caribbean Premier League, Qualifier 1 **7.30** Caribbean Premier League, Qualifier 2 **8.00** Caribbean Premier League, Final, replay **11.55** India v South Africa, 2nd T20 **12.25** Women's National Cricket League, Queensland v Australian Capital Territory, **live** **8.30** Pakistan v England, 7th T20 **9.00** India v South Africa, 2nd T20, replay **12.55am** Pakistan v England, 7th T20, replay **4.50** West Indies Women v White Ferns, 3rd T20, replay



Documentary:
HINDENBURG: THE COVER UP

Sabotage has been put forward as a theory ever since the passenger airship Hindenburg caught fire at Lakehurst Naval Air Station in New Jersey in 1937; suspects include a German acrobat who brought a dog on board and suspiciously made a number of visits to feed it in the freight room, and a rigger on the ship who died of burns. This two-part documentary features interviews and artefacts relating to the disaster, including film shot inside the Hindenburg recovered from a camera thrown out the window. It also throws light on a possible cover-up relating to the Nazi government.

HISTORY, 7.30pm



Documentary: **QUEER FOR FEAR: THE HISTORY OF QUEER HORROR**

A new perspective on an old genre: a four-part series that explores the reach and influence of the LGBTQ+ community on horror since its beginnings. The story stretches from Oscar Wilde to Chucky, with comment from directors and actors.

SHUDDER

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 **Unbeatable** (G, HD, C) Jason Manford hosts a UK quiz show.
- 10.00 **Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.
- 11.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- Noon **1 News** (HD, C)
- 12.30 **Emmerdale** (PG, HD, C, AD) Chas is guilty, there is tension between her and Cain, and Dawn agrees to let Harriet help her out.
- 1.00 **Hollyoaks** (PG, C, AD) Warren is heartbroken when he finally finds out that his son ran him over, Sam is lost for words after Zoe's revelation.
- 1.30 **Country House Hunters** (G, R, HD, C)
- 2.00 **The Repair Shop** (G, R, HD, C, AD) UK series in which expert craftspeople restore treasured items.
- 3.00 **Tipping Point** (G, C) Ben Shephard hosts a UK quiz show.
- 4.00 **Te Karere** (HD) A Māori perspective on the day's news and current affairs.
- 4.30 **Heathrow Britain's Busiest Airport** (G, R, HD, C, AD) UK series following some of the 77,000 workers at Heathrow.
- 5.00 **The Chase** (G, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1 News** (HD, C)
- 7.00 **Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 **Eat Well for Less?** (G, HD, C, AD) UK series in which Chris Bavin and Jordan Banjo help families shop better. Tonight, can a family with different diets and tastes come together to eat the same meals and save some of their hard-earned cash? s8ep5
- 8.40 **Documentary NZ: Kids Wired Differently** (M, HD, C, AD) Documentary in which actor and Lotto host Sonia Gray tells her story of raising a neurodiverse child and meets other families dealing day-to-day with their differently-wired kids.
- 9.40 **Coronation Street** (PG, C, AD)
- 10.45 **1 News** (HD, C)
- 11.15 **Shortland Street** (PG, R, C, AD)
- 11.45 **Sunday** (R, C)
- 12.45am **I Am** (PG, R, HD, C, AD) David RS Greer has Asperger's syndrome.
- 1.30 **Te Karere** (R, HD)
- 2.00 **Infomercials**
- 5.30 - 6.00 **Te Karere** (R, HD)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Les Mills Born to Move** (G, R, HD, C)
- 6.25 **Code Fun** (G, R, HD, C, AD)
- 6.40 **Takaro Tribe** (G, R, HD, C, AD)
- 6.50 **Darwin & Newts** (G, R, HD, C, AD)
- 7.05 **Robin Hood: Mischief in Sherwood** (G, HD, C)
- 7.30 **Agent Binky: Pets of the Universe** (G, C)
- 7.50 **Teen Titans Go!** (G, R, HD, C)
- 8.10 **Gus - the Itsy Bitsy Knight** (G, HD, C) s1ep8
- 8.25 **Mighty Little Bheem** (G, R, HD, C)
- 8.35 **Sesame Street** (G, HD, C)
- 9.00 **Infomercials**
- 9.30 **Les Mills BodyCombat** (G, R, HD, C)
- 10.05 **The Drew Barrymore Show** (PG, C)
- 10.35 **Home and Away** (G, R, HD, C)
- 11.05 **Shortland Street** (PG, R, HD, C, AD)
- 11.35 **Charmed** (PG, HD, C)
- 12.30 **Celebrity Treasure Island** (PG, R, HD, C, AD)
- 1.30 **Down for Love** (G, R, HD, C, AD) s1ep2
- 2.30 **The Drew Barrymore Show** (PG, C)
- 3.00 **Will & Grace** (G, R, C) s1ep22
- 3.30 **The Feed** (HD, C)
- 5.00 **The Simpsons** (PG, R, HD, C, AD) s32ep9
- 5.30 **Friends** (G, R, HD, C) s1ep12
- 6.00 **The Big Bang Theory** (G, R, HD, C, AD) s7ep20
- 6.30 **Home and Away** (PG, C) Ziggy is warmed by Dean's fatherly devotion, and Justin's newfound confidence backfires.
- 7.00 **Shortland Street** (PG, HD, C, AD) Viv feels the sting of betrayal, Leanne makes a generous donation, and Madonna feels she's lost in love.
- 7.30 **Celebrity Treasure Island** (PG, C, AD, another episode screens tomorrow) Bree and Jesse set off to bury the treasure, and Kuaka and Mangō rip into their faceoff challenge.
- 8.30 **Hunted Australia** (PG, HD, C, AD) Angie must now evade the Hunters without her teammate Michelle. s1ep2
- 9.40 **Australian Survivor: Blood v Water** (PG, HD, C) The reward challenge is for a picnic with all the trimmings, and one castaway is nursing an injury.
- 11.20 **CSI: Crime Scene Investigation** (16, HD, C) s6ep13
- 1.15am **Killer Cops** (16, HD, C) s1ep3
- 2.05 **Emmerdale** (PG, R, HD, C, AD)
- 2.30 **Infomercials**
- 3.30 **The Cube** (M, R, HD, C)
- 4.15 **Heroes** (M, R, C) s3ep18
- 5.00 - 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
- 9.00 **Infomercials**
- 10.30 **Gold Rush** (PG, R, C)
- 11.30 **Newshub Live**
- Noon **A Midsummer's Hawaiian Dream** (2016, PG, R, C) Amy Carlson, Allie DeBerry.
- 2.00 **Cutthroat Kitchen** (G, C)
- 3.00 **Outrageous Acts of Science** (PG, C)
- 4.00 **Bath Crashers** (G, C)
- 4.30 **Newshub Live**
- 5.00 **Gold Rush** (PG, C)
- 6.00 **Newshub Live**
- 7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 **The Block NZ: Redemption** (PG, C, another episode screens tomorrow)
- 8.40 **Emergency** (M, C) The paramedics are forced to share a single radio frequency with three other rescue units.
- 9.40 **The World's Biggest Drug Lord** (M, R, C) Harvard professor Laura Huang dissects the business of Tse Chi Lop, and follows the global hunt for the mastermind who ran the largest drug trafficking syndicate in history.
- 10.40 **Newshub Late**
- 11.10 **The Hui** (C) With Mihingarangi Forbes.
- 11.45 **Newshub Nation** (R, C) With Simon Shepherd and Rebecca Wright.
- 12.45am **Infomercials**
- 5.30 - 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 **Infomercials**
- 8.00 **Kids' Programmes** (C)
- 9.40 **The Neighborhood** (PG, C)
- 10.10 **Kids Say the Darndest Things** (PG, R, C)
- 11.10 **The Unicorn** (PG, R, C)
- 11.35 **Judge Judy** (PG)
- Noon **Designing Dreams** (G, R, C)
- 1.00 **Traffic Cops** (PG, R, C)
- 2.00 **The Late Show with Stephen Colbert** (PG, R)
- 3.00 **Wheel of Fortune** (G)
- 3.30 **Jeopardy** (G)
- 4.00 **American Pickers** (PG, R)
- 5.00 **WhichCar** (G, R, C)
- 5.30 **Prime News**
- 6.00 **Storage Wars** (PG, R, C)
- 7.00 **Pawn Stars** (PG, R)
- 7.30 **American Pickers** (PG, R)
- 8.30 **The Gilded Age** (16, C) Ada and Aurora rush to stop Marian before it's too late.
- 9.45 **The Flight Attendant** (16, C) Cassie tries to track down Alex's mysterious business associate.
- 10.45 **The Breakdown** (G)
- 11.50 **The Late Show with Stephen Colbert** (PG)
- 1.00 - 6.00 **Infomercials**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.00 Tribe (G, R)
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Fusion Feasts (G, R)
10.30 Toi Te Ora (G, R)
11.00 Our Other Islands (PG, R)
11.30 Indigenous 100 (G, R)
Noon Te Ao Tapatahi
12.30 **Bombshell: The Hedy Lamarr Story** (2017, G) Documentary.
2.10 Rags Are Riches (PG, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Waitaha (G, R) Waitaha, from Ōtautahi.
6.30 Te Ao Mārama
7.00 Up 2 (G) Piri Weepu and Matua Parkinson catch up with Black Sticks legend Niniwa Roberts.
7.30 Karena and Kasey's Kitchen Diplomacy (G) Karena and Kasey hit the streets of LA.
8.00 Moon Tide Fishing (PG) The phase of Okoro is perfect for fishing.
8.30 Wild Wars Australia (G) Nature series about the battle for life in Australia.
9.30 Wild Kai Legends (M, R) With Tāmami Rimene-Sproat.
10.00 Fighting Chance (PG, R)
10.30 Piri's Tiki Tour (PG) Piri With Weepu.
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.30 DUKEbox Music
11.05 Beat the Chef (G, R, HD, C)
Noon Two and a Half Men (PG, R, HD, C) s12ep13
12.25 Everybody Hates Chris (PG, R, HD, C)
12.45 River Monsters (PG, R, HD, C)
1.45 Star Trek Discovery (PG, HD, C) s3ep8
2.35 Hunting Aotearoa (PG, R, HD)
3.05 Heavy Rescue 401 (G, R, HD)
3.55 The Chase Aus (G, HD, C)
4.50 ABC World News (PG)
5.10 Taste of Australia with Hayden Quinn (G, HD, C)
5.40 Abandoned Engineering (G, R, HD, C)
6.35 Two and a Half Men (PG, R, HD, C) s12ep14
7.05 Everybody Hates Chris (G, R, HD, C)
7.30 The Simpsons (G, R, HD, C) s20ep17
8.30 **Entrapment** (1999, M, R, HD, C, AD) An insurance agent is sent to track down and help capture an art thief. Catherine Zeta-Jones, Sean Connery.
10.35 Secrets of Playboy (16, C)
11.30 - 11.55am ABC World News (PG, R)



Film: AILEY

A tribute to the African American choreographer who came out of the racist South to create his own dance school, which still exists today. The biography of Alvin Ailey is interspersed with rehearsals of a work marking his life and the school's 60th anniversary.

RIALTO, 9.25pm

BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.40 Million Dollar Listing LA (PG, R)
2.35 Love It or List It (G, R)
3.35 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 Rich Kids, Skint Holidays (PG) A 19-year-old who is accustomed to premium luxury holidays goes caravanning in Great Yarmouth.
8.30 The Real Housewives of Beverly Hills (M)
9.30 Botched (PG) A nudist seeks advice for her overly lipo-suctioned stomach.
10.30 Snapped (M, R)
11.30 A Lie to Die For (PG, R)
12.20am - 6.00 Infomercials

SKY PREMIERE

SKY 030

- 7.45 The Unholy (2021, M) Jeffrey Dean Morgan, Cricket Brown
9.25 The Devil Has a Name (2021, 16) Kate Bosworth
11.00 The Little Things (2021, M) Denzel Washington
1.05 Halloween Kills (2021, 16) Jamie Lee Curtis, Nick Castle
2.50 The Conjuring 3: The Devil Made Me Do It (2021, 16) Patrick Wilson, Vera Farmiga
4.40 South of Heaven (2021, 16) Jason Sudeikis
6.40 Queenpins (2021, M) Based on the story of a homemaker and her best friend who turned a hobby into a multimillion-dollar scam. Kristen Bell, Kirby Howell-Baptiste
8.30 Joe Bell (2020, M) A working-class father embarks on a walk across the US to crusade against bullying. Mark Wahlberg, Connie Britton
10.05 Antlers (2021, 16) Keri Russell, Jesse Plemons
11.45 Dream Horse (2021, PG) Toni Collette
1.40am Great White (2020, 16) 3.15 Music (2021, M) 5.00 Land (2021, M)

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Jamie's Super Food (G, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Greatest Hotels (PG, R)
1.00 Richard Hammond (PG, R)
2.00 Shipping Wars (PG, R)
2.30 Border Security Aus (PG, R)
3.00 My Cat from Hell (PG)
4.00 Islands to Highlands (G)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Extreme Animal Transport (PG)
7.30 It's Me or the Dog UK (PG)
8.00 Newshub Live
8.30 Undercover Billionaire (PG)
9.25 Lost and Found (PG)
10.25 Extreme Animal Transport (PG, R)
11.00 It's Me or the Dog UK (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

MOVIES CLASSICS

SKY 034

- 6.40 Dog Day Afternoon (1975, 18) Al Pacino, John Cazale
8.45 Anzio (1968, PG) Robert Mitchum, Peter Falk
10.40 The Long Goodbye (1973, M) Elliott Gould, Sterling Hayden
12.30 The Caine Mutiny (1954, G) Humphrey Bogart, Jose Ferrer
2.35 The Exorcist: The Version You've Never Seen (1973, 16) Linda Blair, Ellen Burstyn
4.45 Batman (1989, PG) Michael Keaton, Jack Nicholson
6.50 Sex, Lies and Videotape (1989, M) A lawyer's affair with his sister-in-law becomes complicated with the arrival of a visitor with an unusual fetish. James Spader, Andie MacDowell
8.30 Bull Durham (1988, M) A minor league baseball team has a rare asset - a poetry-loving groupie who has an affair with one player per season. Kevin Costner, Susan Sarandon
10.20 Ishtar (1987, PG) Dustin Hoffman, Warren Beatty
12.10am Decision at Sundown (1957, M) 1.30 Wyatt Earp (1994, M) 4.35 T-Men (1947, PG)

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Wheeler Dealers (PG, R)
8.30 Men, Women, Wild (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Treehouse Masters (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Wheeler Dealers (PG, R)
4.00 Men, Women, Wild (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Wheeler Dealers (PG)
7.30 100 Days Wild (PG)
8.25 Edge of Alaska (M) Plans for tourism at the Motherlode mine push forward.
9.20 Deadliest Catch (M)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

RIALTO

SKY 039

- 8.20 War of the Worlds (16) s2ep4
9.10 Dirty Tricks (2021, M) Israeli documentary.
10.55 A Hole (2021, PG) Josh McKenzie
11.10 The Man Who Sold His Skin (2020, 16) Yahya Mahayni
12.55 The Night (2020, M) Shahab Hosseini
2.40 Litigante (2019, M) Alejandra Sarria
4.20 The North Water (16) UK drama series. s1ep2
5.20 Frankie (2019, M) Isabelle Huppert, Brendan Gleeson
7.00 Falklands: Islands of Secrets (2021, 16) UK documentary.
8.30 War of the Worlds (16) Bill explains his plan to infect the aliens with a virus. s2ep5
9.25 Ailey (2021, M) US documentary about African American dancer and choreographer Alvin Ailey.
11.00 Fanny Lye Deliver'd (2019, 16) A Puritan is shaken by the arrival of a mysterious couple in need. Maxine Peake
12.55am 35 Days (M) s5ep3&4 2.35 Litigante (2019, M) 4.15 Fanny Lye Deliver'd (2019, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s1ep4 **6.50** The Closer (M) s7ep2 **7.35** Major Crimes (M) s2ep5 **8.20** The Good Wife (M) s3ep4 **9.05** Covert Affairs (M) s4ep7 **9.50** Judge Judy (PG) **10.40** Ambulance (16) s8ep2 **11.50** Hospital (M) s1ep1 **1.05** Casualty 24/7 (M) s2ep5 **2.00** The Closer (M) s7ep2 **2.50** Major Crimes (M) s2ep5 **3.40** The Good Wife (M) s3ep4 **4.30** Judge Judy (PG) **5.30** Downton Abbey (M) s1ep4 **6.30** Covert Affairs (M) s4ep7 **7.30** The Equalizer (M) s1ep3 **8.30** Vera (M) s4ep4 **10.15** The Good Wife (M) s3ep4 **11.15** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep2 **6.25** Would I Lie to You? (PG) **6.55** QI (M) **7.30** EastEnders (PG) **8.00** The Bill (M) **8.50** A Touch of Frost (M) s8ep2 **10.15** Father Brown (PG) s6ep2 **11.00** Doc Martin (PG) s6ep2 **11.50** Midsomer Murders (M) s7ep6 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep1 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.15** The Graham Norton Show (PG) s26ep15 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Heartbeat (PG) A flood of forged notes leads the police to believe that a missing gangster is on their patch. s18ep15 **9.30** The Mallorca Files (PG) s1ep4 **10.25** Doc Martin (PG) s6ep6 **11.20** Midsomer Murders (M) s7ep6 **1.00am** Programmes continue

SoHo SKY 010

6.10 DMZ (16) s1ep1 **7.10** Condor (16) s2ep3 **7.55** Last Week Tonight with John Oliver (M) s9ep24 **8.30** Avenue 5 (M) s1ep3 **9.00** Insecure (16) s4ep2 **9.30** What We Do in the Shadows (16) s4ep7 **10.00** House of the Dragon (18) s1ep7 **11.00** The Man Who Fell to Earth (16) s1ep1 **11.55** Avenue 5 (M) s1ep3 **12.25** Insecure (16) s4ep2 **12.55** What We Do in the Shadows (16) s4ep7 **1.25** American Gigolo (M) s1ep3 **2.15** Last Week Tonight with John Oliver (M) s9ep24 **2.50** DMZ (16) s1ep1 **3.50** Condor (16) s2ep3 **4.35** Our Cartoon President (16) s3ep15 **5.05** Dave (16) s1ep2 **5.30** The L Word: Generation Q (18) s1ep5 **6.30** I Know This Much Is True (16) s1ep4 **7.30** Dublin Murders (16) s1ep5 **8.30** Yellowstone (16) s4ep6 **9.30** Industry (16) s2ep5 **10.30** The New Pope (16) s1ep6 **11.30** Lovecraft Country (18) s1ep6 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Escape to the Chateau **10.00** Grand Designs House of the Year (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Grand Designs New Zealand (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Grand Designs House of the Year (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Salvage Hunters (PG) **9.30** Grand Designs UK (PG) **10.30** The Best House in Town (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Murder in the Heartland (M) **7.45** True Conviction (M) **8.35** Deadline: Crime with Tamron Hall (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** Where Murder Lies (M) **6.35** Evil Lives Here (M) **8.30** People Magazine Investigates (M) **9.30** OJ and Nicole: An American Tragedy (M) **11.25** Dead of Night (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.05 Underground Ballet **8.00** Quatuor Ebene: Beethoven String Quartets **9.40** Homecoming: Marina Abramovic and Her Children (2020, G) **11.00** The Great Pottery Throw Down **11.50** Off Camera **12.45** Citizen Hearst **1.35** Songs of Repression (2020, PG) **3.05** Underground Ballet **4.00** The Rocking Baritone **5.00** The Choir **6.00** The Big Book Club **7.00** Stars of the Silver Screen: Omar Sharif **7.45** Music on the Road **8.00** The Prince's Master Crafters: The Next Generation (G) The crafters tackle weaving. **8.45** The Artist's Workshop **9.00** Boswell & Johnson's Scottish Journey **9.45** Letters to Eloisa (G) Documentary about writer José Lezama Lima. **10.40** Not Me: A Journey with Not Vital (2020, G) Documentary about the Swiss artist. **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (M) **9.25** Fast N' Loud (M) **10.20** Dirty Jobs (PG) **11.15** Gold Rush: Dave Turin's Lost Mine (M) **12.10** Man Caves (PG) **12.35** How Do They Do It? (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (M) **4.45** Alaska: The Last Frontier (PG) **5.40** Demolition Down Under (PG) **6.35** Gold Rush the Dirt: The Hoffman Story (M) **7.30** Aussie Gold Hunters (PG) **8.30** Strange Evidence (M) **9.30** What on Earth? (PG) **10.30** Blowing Up History (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** First Alaskans (PG) **8.30** Edge of the Unknown (PG) **9.00** Do or Die (PG) **9.30** Rescued (M) **10.30** Aussie Snake Wranglers (PG) **11.00** Outback Wrangler (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Narco Wars (16) **3.30** Banged Up Abroad (M) **4.30** César Millan: Better Human, Better Dog (PG) **5.30** First Alaskans (PG) **6.30** Real Time Disaster (PG) **7.00** Edge of the Unknown (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 The Six Queens of Henry VIII (M) **7.30** Top 10 Treasures of Pompeii (PG) **8.30** Time Team **9.30** Smoke and Steel: The Modern World **10.30** Time Team **11.30** China's Dragon Emperor (PG) **12.30** The Engineering That Built the World (PG) **1.30** Battlefield (PG) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** Hindenburg: The Cover Up (PG) **8.30** Moon Landing: World's Greatest Hoax? (PG) **9.30** Adolf Island (M) **10.30** Race to Victory (PG) **11.30** Rise of the Nazis (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Natural History Museum: World of Wonder (PG) **6.45** Life Below Zero (M) **7.40** Where the Wild Men Are (M) **8.25** Brian Cox: Forces of Nature (PG) **9.30** The Truth About Better Mental Health (PG) **10.25** The Dog Rescuers (PG) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Nature's Great Events (PG) **1.20** Brian Cox: Forces of Nature (PG) **2.20** Natural History Museum: World of Wonder (PG) **3.10** Greece with Simon Reeve (PG) **4.10** The Truth About Better Mental Health (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** Africa with Ade Adepitan (PG) **9.40** Louis Theroux: Life on the Edge (M) **10.40** Nature's Great Events (PG) **11.35** Greece with Simon Reeve (PG) **12.40am** Programmes continue



SoHo: Dublin Murders, 7.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Basketball, NBL, round 1 highlights **7.00** World Grand Prix Darts, day 1, from Leicester, **live** **Noon** Winter Games Highlights **12.30** National Provincial Championship, Otago v Canterbury, highlights from Forsyth Barr Stadium, Dunedin **12.45** National Provincial Championship, Auckland v Taranaki, highlights from Eden Park, Auckland **1.00** Premier League, Leeds United v Aston Villa, replay from Elland Road, Leeds **3.00** Premier League, Manchester United v Manchester City, replay **5.00** Premier League, Leicester City v Nottingham Forest, replay from King Power Stadium, Leicester **7.00** Winter Games Highlights **7.00** Sky Speed **8.30** Aotearoa Rugby Pod **9.30** The Back Page **10.30** The Crowd Goes Wild **11.30** Aotearoa Rugby Pod **12.30am** Winter Games Highlights **1.00** Premier League, Leicester City v Nottingham Forest, highlights **1.15** Gallagher Premiership, round 4 highlights **1.45** West Indies Women v White Ferns, T20, highlights **2.15** TBA

Sky Sport 2 SKY 052

6.00 Caribbean Premier League, Final, highlights from Providence Stadium, Georgetown **6.30** Premier League, Crystal Palace v Chelsea, replay from Selhurst Park, London **8.30** ATP 500, Japan Open, day 1, match of the day from Ariake Coliseum, Koto, Tokyo **10.00** ATP 500, Japan Open, day 1, highlights **11.00** ATP 500, Astana Open, day 1, match of the day **12.30** Premier League, Leicester City v Nottingham Forest, replay from King Power Stadium, Leicester **2.30** Gallagher Premiership, round 4 highlights **3.00** ATP 500, Japan Open, day 2, from Ariake Coliseum, Koto, Tokyo, **live** **2.00am** Premier League, Leicester City v Nottingham Forest, replay from King Power Stadium, Leicester **4.00** Premier League, Fulham v Newcastle United, replay from Craven Cottage, West London

Sky Sport 3 SKY 053

8.10 India v South Africa, 2nd T20, replay from Dr Bhupen Hazarika Cricket Stadium, Guwahati **11.55** Women's National Cricket League, Victoria v Tasmania, from CitiPower Centre, St Kilda, **live** **8.00** West Indies Women v White Ferns, 2nd T20, highlights **8.30** West Indies Women v White Ferns, 3rd T20, highlights **9.00** Pakistan v England, 5th T20, highlights from Gaddafi Stadium, Lahore **9.30** Pakistan v England, 6th T20, highlights from Gaddafi Stadium, Lahore **10.00** Pakistan v England, 7th T20, replay from Gaddafi Stadium, Lahore **2.00am** India v South Africa, 1st T20, highlights from Greenfield International Stadium, Thiruvananthapuram **2.20** India v South Africa, 2nd T20, highlights from Dr Bhupen Hazarika Cricket Stadium, Guwahati **2.50** India v South Africa, 3rd T20, from Holkar Stadium, Indore, **live**

TVNZ 1

FREEVIEW 1 SKY 001

- 6.00 Breakfast (HD, C)** Jenny-May Clarkson, Indira Stewart and the Breakfast team present news, sport, information and weather.
- 9.00 Unbeatable (G, HD, C)** Jason Manford hosts a UK quiz show.
- 10.00 Tipping Point (G, R, HD, C)** Ben Shephard hosts a UK quiz show.
- 11.00 The Chase (G, R, HD, C)** Bradley Walsh hosts a UK quiz show.
- Noon 1 News (HD, C)**
- 12.30 Emmerdale (PG, C, AD)**
- 1.00 Hollyoaks (PG, C, AD)** Sam confides in Lizzie and Ethan, and admits that his family has a history of mental illness.
- 2.00 Coronation Street (PG, R, C, AD)**
- 3.00 Tipping Point (G, C)** Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere (HD)** A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow Britain's Busiest Airport (G, R, HD, C, AD)** UK series following some of the 77,000 workers at Heathrow Airport in Hillingdon, London, Europe's busiest airport.
- 5.00 The Chase (G, C)** Bradley Walsh hosts a UK quiz show.
- 6.00 1 News (HD, C)**
- 7.00 Seven Sharp (HD, C)** Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 The Chase Bloopers (G, R, HD, C)** Bradley Walsh looks back on hilarious and bizarre outtakes from UK quiz show The Chase (includes Lotto at 8.20pm).
- 8.30 The Hotel Inspector (M, HD, C)** UK series in which Alex Polizzi tries to help struggling hotels. Tonight, Alex is at the LG Thai Derm Spa and Guest House in Loughborough, which is run by first-time hoteliers Hasmeeta and Bharat. s17ep1
- 9.30 Coronation Street (PG, C, AD)**
- 10.30 1 News (HD, C)**
- 11.00 Shortland Street (PG, R, C, AD)** Marty delivers, Maeve chooses trust, and TK is tested.
- 11.30 Good Sam (M, HD, C)** US medical drama series. Tonight, when Sam tracks down a deep-pocketed anonymous hospital donor, she is shocked to discover why the donor is so loyal to her father. s1ep4
- 12.25am Under the Dome (M, HD, C)** s2ep9
- 1.10 Te Karere (R, HD)**
- 1.35 Infomercials**
- 5.30 - 6.00 Te Karere (R, HD)**

TVNZ 2

FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move (G, R, HD, C)**
- 6.25 Code Fun (G, R, HD, C, AD)**
- 6.40 Takaro Tribe (G, R, HD, C, AD)**
- 6.50 Darwin & Newts (G, R, HD, C, AD)**
- 7.05 Robin Hood: Mischief in Sherwood (G, HD, C)**
- 7.30 Agent Binky: Pets of the Universe (G, C)**
- 7.50 Teen Titans Go! (G, R, HD, C)**
- 8.15 Gus - the Itsy Bitsy Knight (G, HD, C)** s1ep9
- 8.25 Mighty Little Bheem (G, R, HD, C)**
- 8.35 Sesame Street (G, HD, C)**
- 9.00 Infomercials**
- 9.30 Les Mills BodyAttack (G, R, HD, C)**
- 10.05 The Drew Barrymore Show (PG, C)**
- 10.35 Home and Away (PG, R, C)**
- 11.05 Shortland Street (PG, R, HD, C, AD)**
- 11.35 Charmed (PG, HD, C)** s8ep22
- 12.30 Celebrity Treasure Island (PG, R, C, AD)**
- 1.30 Down for Love (G, R, HD, C, AD)**
- 2.30 The Drew Barrymore Show (PG, C)**
- 3.00 Will & Grace (PG, R, C)** s2ep1
- 3.30 The Feed (PG, HD, C)**
- 5.00 The Simpsons (PG, R, HD, C, AD)** s32ep11
- 5.30 Friends (G, R, HD, C)** s1ep13
- 6.00 The Big Bang Theory (PG, R, HD, C, AD)** s7ep21
- 6.30 Home and Away (PG, C)** Justin goes into damage control for Lyrik.
- 7.00 Shortland Street (PG, HD, C, AD)** Marty delivers, Maeve chooses trust, and TK is tested.
- 7.30 Celebrity Treasure Island (PG, C, AD)** While teams wait for the faceoff challenge, Dr Joel creates a music video.
- 8.30 Taskmaster (16, C, AD)** UK comedy show in which Greg Davies and Alex Horne set bizarre tasks for a group of comedians. s14ep1
- 9.30 Live at the Apollo (16, HD, C)** Zoe Lyons introduces Ria Lina and Tom Ward.
- 10.30 Question Team (M, HD, C, AD)** Richard Ayoade hosts a UK comedy panel show.
- 11.25 Have You Been Paying Attention? (M, R, C)**
- 12.20am Guilty Party (16, HD, C)** s1ep5
- 12.55 Rutherford Falls (PG, HD, C)** s1ep5
- 1.20 Emmerdale (PG, R, C, AD)**
- 1.45 Infomercials**
- 2.40 Grey's Anatomy (M, R, C)** s17ep1
- 3.30 Heroes (M, R, C)** s3ep19
- 4.15 Bob Hearts Abishola (G, R, HD, C)** s3ep7
- 4.35 Hollyoaks (PG, R, HD, C, AD)**
- 5.00 - 6.00 Infomercials**

THREE

FREEVIEW 3 SKY 003

- 6.00 AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 Infomercials**
- 10.30 Gold Rush (PG, R, C)**
- 11.30 Newshub Live**
- Noon Nature of Love (2020, G, C)** A woman writing a feature about glamping faces her fears with the help of an outdoorsman. Emilie Ullerup, Christopher Russell.
- 2.00 Cutthroat Kitchen (, CG)**
- 3.00 Outrageous Acts of Science (PG, C)**
- 4.00 Bath Crashers (G, C)**
- 4.30 Newshub Live**
- 5.00 Gold Rush (PG)**
- 6.00 Newshub Live**
- 7.00 The Project With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.**
- 7.30 The Block NZ: Redemption (PG, C)**
- 8.40 Nadia's Farm (PG, C)** Series following Nadia Lim and her family as they embark on a new life on the historic 1200 acre Royalburn Station in the South Island. **Feature, page 60**
- 9.40 The Men Who Sold the World Cup (M, C)** Documentary about the 2018 and 2022 football world cups. Tonight, a tax investigation gives the FBI and IRS a chance to get inside Fifa.
- 10.45 Newshub Late**
- 11.15 NRL Try Time**
- 11.50 Bath Crashers (G, R)**
- 12.20am Infomercials**
- 5.30 - 6.00 AM Early With Bernadine Oliver-Kerby.**

PRIME

FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes (C)**
- 9.40 The Neighborhood (PG, C)**
- 10.10 Kids Say the Darndest Things (PG, R, C)**
- 11.10 The Unicorn (PG, R, C)**
- 11.35 Judge Judy (PG)**
- Noon Designing Dreams (G, R, C)**
- 1.00 Traffic Cops (PG, R, C)**
- 2.00 The Late Show (PG, R)**
- 3.00 Wheel of Fortune (G)**
- 3.30 Jeopardy (G)**
- 4.00 American Pickers (PG, R)**
- 4.55 The Hui (G, C)**
- 5.30 Prime News**
- 6.00 Sky Speed (G)**
- 6.30 Storage Wars (PG, R, C)**
- 7.00 Pawn Stars (PG, R)**
- 7.30 Traffic Cops (PG, C)**
- 8.30 The Red Stag Timber Hunters Club (M, C)**
- 9.35 Stacey Dooley Investigates (M, C)** Child soldiers in the Democratic Republic of Congo.
- 10.45 The Late Show with Stephen Colbert (PG)**
- 11.45 World's Most Unexplained (M, R, C)**
- 12.30am - 6.00 Infomercials**



Documentary: **WORLD'S GREATEST TRAIN JOURNEYS FROM ABOVE**

There are plenty of train-journey docos to satiate the nerds among us, but if you want something that combines *Britain from Above* with *Great Railway Journeys*, you've come to the right place. The six-part series flies above the spectacular scenery on routes such as the Glacier Express from St Moritz to Zermatt, the Copper Canyon Railway in Mexico, the Darjeeling Himalayan Railway and, naturally, The Ghan, the Australian train that crosses an entire continent, from Adelaide on the southern coast to tropical Darwin in the north.

NATIONAL GEOGRAPHIC, 8.30pm



Comedy: **TASKMASTER**

Apparently, we can't get enough of sarcastic Englishmen and their silly games. Let's see what insults Greg Davies has got lined up for comedians Dara Ó Briain, Fern Brady, John Kearns, Munya Chawawa and Sarah Millican in season 14 of the show that was created by Alex Horne for the Edinburgh Fringe Festival in 2010.

TVNZ 2, 8.30pm

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Karena and Kasey's Kitchen Diplomacy (G, R)
10.30 Toi Te Ora (G, R)
11.00 Piri's Tiki Tour (PG, R)
11.30 Moon Tide Fishing (PG, R)
Noon Te Ao Tapatahi
12.30 Piri's Tiki Tour (PG, R)
1.00 Wild Wars Australia (G, R)
2.00 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
5.00 Te Wānanga o Aotearoa Sprints (R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Waitaha (G, R) Waitaha, from Ōtautahi.
6.30 Te Ao Mārama
7.00 Lifted (G) Riapo Panapa reveals the stories behind the Kiwi tracks that are dominating our airwaves. Tonight, Theia.
7.30 5 Minutes of Fame (PG) Amateur singers go head-to-head for a shot at fame.
8.30 ■ The Power of One (1992, M) An English South African boy living under apartheid is bullied by Afrikaansers and grows up to fight racial injustice. Stephen Dorff, Armin Mueller-Stahl, Alois Moyo.
10.45 - 11.15 Te Ao Mārama (R)

Film: THE MISSION

Finns are "arguably the most private and sceptical and non-religious people in the world," says Tania Anderson, the director of this doco that follows four young Mormons on their mandatory mission abroad. Tough gig, and not all the teens complete their two years away.

RIALTO, 8.30pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.40 Million Dollar Listing LA (PG, R)
2.35 Love It or List It (G, R)
3.35 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 999 What's Your Emergency (M) Time-wasting 999 calls.
8.30 999 What's Your Emergency (M) The realities of policing home drinking and house parties.
9.30 911 Crisis Center (M) A concerned grandfather is looking for his missing two-week-old grandchild.
10.00 Snapped (M)
11.00 A Lie to Die For (PG, R)
11.50 The Circus (PG, R)
12.20am - 6.00 Infomercials

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Islands to Highlands (G, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Lost and Found (PG, R)
1.00 Undercover Billionaire (PG, R)
2.00 Animal Transport (PG, R)
2.30 It's Me or the Dog UK (PG, R)
3.00 My Cat from Hell (PG)
4.00 Giada in Italy (G)
4.30 Nigella: At My Table (G)
5.00 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Shipping Wars (PG)
7.30 Border Security Aus (PG)
8.00 Newshub Live
8.30 Iceland with Alexander Armstrong (PG)
9.30 Aussie Salvage Squad (PG)
10.30 Shipping Wars (PG, R)
11.00 Border Security Aus (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Wheeler Dealers (PG, R)
8.30 100 Days Wild (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Treehouse Masters (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Wheeler Dealers (PG, R)
4.00 100 Days Wild (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Wheeler Dealers (PG)
7.30 Building Off the Grid: Spearfish Canyon (G)
8.25 Building Alaska (G)
9.20 Homestead Rescue (PG)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

TVNZDUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today
10.30 DUKEbox Music
11.15 Beat the Chef (G, R, HD, C)
12.10 Two and a Half Men (PG, R, HD, C) s12ep14
12.30 Everybody Hates Chris (G, R, HD, C)
12.55 River Monsters (PG, R, HD, C)
1.50 Star Trek Discovery (M, HD, C) s3ep9
2.45 Hunting Aotearoa (PG, R, HD)
3.15 Heavy Rescue 401 (PG, R, HD)
4.05 The Chase Aus (G, HD, C)
4.55 ABC World News (PG)
5.20 Taste of Australia with Hayden Quinn (G, HD, C)
5.45 Abandoned Engineering (PG, R, HD, C)
6.40 Two and a Half Men (PG, R, HD, C) s12ep15
7.05 Everybody Hates Chris (PG, R, HD, C)
7.30 The Simpsons (G, R, HD, C) s20ep19
8.30 Police: Hour of Duty (16, HD) s2ep8
9.30 Disasters Engineered (G, HD, C) s2ep7
10.30 The Buildings That Fought Hitler (G, R, C)
11.30 Grimm (M, HD) s2ep4
1.00am - 1.20 ABC World News (PG, R)

SKY PREMIERE

SKY 030

- 6.30 Antlers (2021, 16) Keri Russell, Jesse Plemons
8.10 Spider-Man: No Way Home (2021, M) Tom Holland, Benedict Cumberbatch
10.35 Venom: Let There Be Carnage (2021, M) Tom Hardy, Woody Harrelson
12.10 Every Breath You Take (2021, 16) Casey Affleck
1.55 Out of Death (2021, 16) Bruce Willis, Jaime King
3.30 Together Together (2021, M) Ed Helms, Patti Harrison
5.00 Juniper (2021, M) Charlotte Rampling, George Ferrier
6.35 Blue Bayou (2020, M) A Korean adoptee raised in a Louisiana town discovers he could be deported. Justin Chon, Alicia Vikander
8.30 This Is the Night (2021, 16) A teenager living in Staten Island in 1982 embarks on a quest that draws in his whole family. Lucius Hoyos, Frank Grillo
10.20 Judas & the Black Messiah (2021, 16) Daniel Kaluuya
12.25am Gully (2021, 18) 1.50 Alone (2020, 16) 3.30 Lake Placid: Legacy (2018, 16) 5.05 Pooka Lives! (2019, 16)

MOVIES CLASSICS

SKY 034

- 6.05 Othello (1951, G) Orson Welles, Micheal MacLiammoir
7.40 The Harder They Come (1972, M) Jimmy Cliff
9.20 Comanche Station (1960, M) Randolph Scott
10.35 The Tall T (1957, G) Randolph Scott, Richard Boone
11.50 Bullitt (1968, M) Steve McQueen, Robert Vaughn
1.40 Bram Stoker's Dracula (1992, M) Gary Oldman
3.45 The Big Gundown (1967, M) Lee Van Cleef, Tomas Milian
5.15 The Dead (1987, PG) Anjelica Huston, Donal McCann
6.35 Tootsie (1982, PG) An actor disguises himself as a woman to get a part on a soap. Dustin Hoffman, Jessica Lange
8.30 The Night of the Generals (1967, PG) During WWII, a German Intelligence officer investigates a prostitute's murder in Warsaw. Omar Sharif, Peter O'Toole
10.55 All the President's Men (1976, 16) Dustin Hoffman
1.10am Major Dundee (1965, PG)
3.10 Rock'n'Roll High School (1979, M) 4.45 Night of the Creeps (1986, 16)

RIALTO

SKY 039

- 6.10 The North Water (16) UK drama series. s1ep2
7.10 Frankie (2019, M) Isabelle Huppert, Brendan Gleeson
8.50 Falklands: Islands of Secrets (2021, 16) UK documentary.
10.20 War of the Worlds (16) s2ep5
11.15 Ailey (2021, M) US documentary.
12.50 Three Families (16) s1ep1&2
2.55 Creating a Character: The Moni Yakim Legacy (2020, M) US documentary.
4.10 The North Water (16) UK drama series. s1ep3
5.10 I Am MLK Jr. (2018, M) Canadian documentary.
6.45 The Speech (2020, M) Benjamin Lavernhe
8.15 Maryam (2020, M) Jennifer Ward-Lealand
8.30 The Mission (2022, M) Finnish documentary about young LDS missionaries.
10.10 Swan Song (2021, M) Udo Kier, Jennifer Coolidge
11.55 In the Cold Dark Night (2020, 16) UK/US documentary.
1.30am 35 Days (M) s5ep5&6 3.10 I Am MLK Jr. (2018, M) 4.45 Three Families (16) s1ep1&2

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s1ep5 **6.50** The Closer (M) s7ep3 **7.35** Major Crimes (M) s2ep6 **8.20** The Good Wife (M) s3ep5 **9.05** Covert Affairs (M) s4ep8 **9.50** Judge Judy (PG) **10.40** Vera (M) s4ep4 **12.25** The Equalizer (M) s1ep3 **1.25** The Closer (M) s7ep3 **2.25** Major Crimes (M) s2ep6 **3.25** The Good Wife (M) s3ep5 **4.25** Judge Judy (PG) **5.25** Downton Abbey (M) s1ep5 **6.30** Covert Affairs (M) s4ep8 **7.30** Frayed (M) s2ep5 **8.30** The Cleaning Lady (M) A woman who is forced to clean up a crime scene is offered a job by the mob. s1ep1 **9.30** Garrow's Law (M) **10.45** The Good Wife (M) s3ep5 **11.45** Judge Judy (PG) **12.15am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep3 **6.25** Would I Lie to You? (PG) **6.55** QI (M) **7.30** EastEnders (PG) **8.00** The Bill (M) **8.50** A Touch of Frost (16) s9ep1 **10.15** Father Brown (PG) s6ep3 **11.00** Doc Martin (M) s6ep3 **11.50** Midsomer Murders (M) s7ep7 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep2 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s26ep16 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** Guilt (M) Max tries to derail the PI he engaged to assuage Angie's fears. s1ep2 **9.40** Holby City (M) In the hope of protecting Chloe, Cameron makes a selfless gesture. s21ep24 **10.45** Keeping Faith (M) s3ep6 **11.50** Midsomer Murders (M) s7ep7 **1.35am** Programmes continue

SoHo SKY 010

6.15 Strike Back (18) s7ep4 **7.05** I Know This Much Is True (16) s1ep4 **8.05** Dublin Murders (16) s1ep5 **9.05** Yellowstone (16) s4ep6 **9.55** Industry (16) s2ep5 **10.55** The New Pope (16) s1ep6 **11.45** Lovecraft Country (18) s1ep6 **12.50** Strike Back (18) s7ep4 **1.40** Dublin Murders (16) s1ep5 **2.40** Yellowstone (16) s4ep6 **3.30** Industry (16) s2ep5 **4.30** Our Cartoon President (16) s3ep16 **5.00** Dave (16) s1ep3 **5.30** The L Word: Generation Q (18) s1ep6 **6.30** House of the Dragon (18) s1ep7 **7.30** The Great (M) s1ep8 **8.30** American Gigolo (18) Julian returns to charm a complicated new client. s1ep4 **9.30** Yvonne Orji: Momma, I Made It! (M) Stand-up special. **10.35** Real Time with Bill Maher (M) s20ep29 **11.35** What We Do in the Shadows (16) s4ep7 **12.05am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Grand Designs UK (PG) **10.00** Salvage Hunters (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** The Best House in Town (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.45** Salvage Hunters (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Martha Knows Best (PG) **9.30** Gardening Australia (PG) **10.20** Back in Time for Dinner (PG) **11.20** House Hunters (PG) **12.10am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** True Conviction (M) **7.45** Crimes Gone Viral (M) **8.35** Body Cam (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** People Magazine Investigates (M) **6.35** Reasonable Doubt (M) **7.30** Evil Lives Here (M) **8.30** True Conviction (M) **9.30** Deadline: Crime with Tamron Hall (M) **10.30** Murder Comes to Town (M) **11.25** Dead of Night (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.40 Not Me: A Journey with Not Vital (2020, G) **8.00** The Rocking Baritone **9.00** The Choir **10.00** The Big Book Club **11.00** Stars of the Silver Screen **11.45** Music on the Road **Noon** The Prince's Master Crafters: The Next Generation **12.45** The Artist's Workshop **1.00** Boswell & Johnson's Scottish Journey **1.45** Letters to Eloisa **2.40** Not Me: A Journey with Not Vital (2020, G) **4.00** Salzburg Festival 2020: Thielemann conducts Wagner & Bruckner **5.40** RCO: Andris Nelsons Conducts Beethoven and Skryabin **7.05** Teodor Currentzis & Sasha Waltz: Beethoven's 7th **7.50** Teodor Currentzis Conducts Beethoven's 9th **9.10** Mozart Week 2021: Quatuor Van Kuijk **10.10** Brahms: The String Sextets **11.30** Classical Destinations with Simon Callow **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (M) **10.20** Strange Evidence (M) **11.15** What on Earth? (PG) **12.10** Man Caves (PG) **12.35** How It's Made (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (M) **4.45** Deadliest Catch Special (M) **6.35** Deadliest Catch (M) **8.30** Dirty Jobs (PG) **9.30** Moonshiners (M) **10.30** Moonshiners Special (M) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Real Time Disaster (PG) **7.00** Edge of the Unknown (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Wicked Tuna (PG) **3.30** Aussie Snake Wranglers (PG) **4.00** Outback Wrangler (PG) **4.30** Lost Treasures of Rome (PG) **5.30** Lost Treasures of the Maya (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** World's Greatest Train Journeys from Above (PG) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** Decades Remixed: The 80s Greatest (PG) **11.00** Edge of the Unknown (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Adolf Island (M) **7.30** Race to Victory (PG) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Time Team **11.30** Hindenburg: The Cover Up (PG) **12.30** Moon Landing: World's Greatest Hoax? (PG) **1.30** Battlefield (PG) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** The Unexplained (PG) **8.30** Abandoned Engineering (PG) **9.30** Ancient Superstructures (PG) **10.30** D-Day Lost Films (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Natural History Museum: World of Wonder (PG) **6.45** Life Below Zero (M) **7.35** Where the Wild Men Are (PG) **8.25** Brian Cox: Forces of Nature (PG) **9.25** Feast to Save the Planet (PG) **10.25** The Dog Rescuers with Alan Davies (PG) **11.10** 24 Hours in A&E (PG) **Noon** Blue Planet II: The Making of (PG) **12.10** Nature's Great Events (PG) **1.05** Brian Cox: Forces of Nature (PG) **2.05** Natural History Museum: World of Wonder (PG) **2.55** Greece with Simon Reeve (PG) **4.00** Blue Planet II: The Making of (PG) **4.10** Feast to Save the Planet (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** The Octopus in My House (PG) **9.30** The Trials of Life (PG) The problem of finding food, and the many ways that animals survive the lean season. **10.30** Nature's Great Events (PG) **11.25** Greece with Simon Reeve (PG) **12.30am** Programmes continue



Vibe: The Cleaning Lady, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.30 Winter Games Highlights **7.00** World Grand Prix Darts, day 2, from Morningside Arena, Leicester, **live Noon** National Provincial Championship, Hawke's Bay v Tasman, replay from McLean Park, Napier **2.00** ATP 500, Japan Open, day 2, highlights **3.00** Warriors Flashback, 2014 NRL, NZ Warriors v Canberra Raiders, replay **5.00** NRL Premiership, Grand Final **5.30** Matty Johns: Face to Face **6.00** NRL 360 **7.00** Winter Games Highlights **8.00** FIM Speedway, round 10, highlights from Poland **9.00** NBL, round 1 highlights **10.00** NRL, Grand Final, replay **12.30am** Winter Games Highlights **1.00** NRL 360 **2.00** National Provincial Championship, Southland v North Harbour, from Rugby Park, Invercargill **2.45** West Indies Women v White Ferns, 4th T20, **live**

Sky Sport 2 SKY 052

6.00 Caribbean Premier League, Final, highlights **6.30** Premier League, Southampton v Everton, replay from St Mary's Stadium, Southampton **8.30** ATP 500, Japan Open, day 2, match of the day **10.00** ATP 500, Japan Open, day 2, highlights **11.00** ATP 500, Astana Open, day 2, match of the day from Nur-Sultan, Kazakhstan **12.30** ATP 500, Japan Open, day 2, match of the day from Ariake Coliseum, Koto, Tokyo **2.00** National Provincial Championship, Counties Manukau v Wellington, replay from Navigation Homes Stadium, Auckland **4.00** Gallagher Premiership, Saracens v Leicester Tigers, replay from StoneX Stadium, London **6.00** The Breakdown **7.00** Gallagher Premiership, round 4 highlights **7.30** Pacific Brothers & Sisters **8.00** Rugby Nation **8.30** World Grand Prix Darts, day 2, replay from Morningside Arena, Leicester **1.30am** ATP Uncovered **2.00** Premier League, Liverpool v Brighton, replay from Anfield Stadium, Liverpool **4.00** Premier League, Bournemouth v Brentford, replay from Vitality Stadium, Bournemouth

Sky Sport 3 SKY 053

7.00 Pakistan v England, 5th T20, highlights from Gaddafi Stadium, Lahore **7.30** Pakistan v England, 6th T20, highlights from Gaddafi Stadium, Lahore **8.00** Pakistan v England, 7th T20, replay from Gaddafi Stadium, Lahore **11.55** Women's National Cricket League, Victoria v Tasmania, from CitiPower Centre, St Kilda, **live 8.00** India v South Africa, 3rd T20, highlights **8.30** Australia v West Indies, 1st T20, from Metricon Stadium, Gold Coast, **live 1.00am** Caribbean Premier League, Qualifier 1, highlights from Providence Stadium, Georgetown **1.30** Caribbean Premier League, Qualifier 2, highlights from Providence Stadium, Georgetown **2.00** Caribbean Premier League, Final, replay from Providence Stadium, Georgetown



Film:
MR HARRIGAN'S PHONE

An adaptation of a Stephen King story that has the endorsement of the author himself: “nothing short of brilliant”, King wrote on Twitter, which has had fans all a-twitter, as King has not approved of every adaptation of this work. The novella was part of a collection called *If It Bleeds*, and is classic King: a teen (Jaeden Martell) befriends an elderly man (Donald Sutherland) and gives him a cellphone. The frights start when the old chap dies and the kid, who is being bullied, leaves a message on the phone that he wishes his bully would get what he deserves. You can guess what happens next.

NETFLIX



Action: **KUNG FU**

An icon updated, apparently, but really, this series is unrecognisable from the 1970s show. And that’s a good thing, as David Carradine as a Shaolin monk was beyond the pale. New *Kung Fu* boasts a predominantly Asian American cast, led by Olivia Liang as the crime-fighting Nicky Shen. Season 3 starts today.

TVNZ+

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 **Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 **Unbeatable** (G, HD, C) Jason Manford hosts a UK quiz show.
- 10.00 **Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.
- 11.00 **The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- Noon **1 News** (HD, C)
- 12.30 **Emmerdale** (PG, C, AD)
- 1.00 **Hollyoaks** (PG, C, AD) James makes a fuss over Leela, but Ste confuses his concern with him turning over a new leaf.
- 2.00 **Coronation Street** (PG, R, C, AD)
- 3.00 **Tipping Point** (G, C) Ben Shephard hosts a UK quiz show.
- 4.00 **Te Karere** (HD) A Māori perspective on the day’s news and current affairs.
- 4.30 **Heathrow: Britain’s Busiest Airport** (G, R, HD, C, AD) UK series following some of the 77,000 workers at Heathrow Airport.
- 5.00 **The Chase** (G, C) Bradley Walsh hosts a UK quiz show.
- 6.00 **1 News** (HD, C)
- 7.00 **Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 **The Great Kiwi Bake Off** (PG, C, AD) Hayley Sproull and Pax Assadi host a baking competition series, with judges Peter Gordon and Jordan Rondel. Tonight, it’s the semi-final, and the remaining four bakers tackle chocolate ganache and a mystery bake set by Jordan. s4ep7
- 9.00 **Hard Quiz** (PG, HD, C) Tom Gleeson hosts an Australian quiz show. Tonight, fan favourites Charles, Lucy, Leon and Theja get another crack at the Big Brass Mug.
- 9.40 **Coronation Street** (PG, C, AD)
- 10.40 **1 News** (HD, C)
- 11.10 **Shortland Street** (PG, R, C, AD) Chris is caught unawares, Marty and Monique draw closer, and Viliani makes a costly mistake.
- 11.40 **For Life** (M, HD, C) US legal drama series. Tonight, after being granted a retrial, Aaron realises that the fight for his freedom has just begun. s2ep1
- 12.35am **20/20** (R, HD, C) Carolyn Robinson presents international current affairs.
- 1.25 **Te Karere** (R, HD)
- 2.00 **Infomercials**
- 5.30 – 6.00 **Te Karere** (R, HD)

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 **Les Mills Born to Move** (G, R, HD, C)
- 6.25 **Code Fun** (G, R, HD, C, AD)
- 6.40 **Takaro Tribe** (G, R, HD, C, AD)
- 6.50 **Darwin & Newts** (G, R, HD, C, AD)
- 7.05 **Robin Hood: Mischief in Sherwood** (G, HD, C)
- 7.30 **Wacky Races** (G, R, HD, C)
- 7.50 **Teen Titans Go!** (G, R, HD, C)
- 8.15 **Gus – the Itsy Bitsy Knight** (G, HD, C) s1ep10
- 8.25 **Mighty Little Bheem** (G, R, HD, C)
- 8.35 **Sesame Street** (G, HD, C)
- 9.00 **Infomercials**
- 9.30 **Les Mills Core** (G, R, HD, C)
- 10.05 **The Drew Barrymore Show** (PG, C)
- 10.30 **Home and Away** (PG, R, C)
- 11.00 **Shortland Street** (PG, R, HD, C, AD)
- 11.35 **Smash** (PG, HD, C) s1ep1
- 12.30 **Celebrity Treasure Island** (PG, R, C, AD)
- 1.30 **Down for Love** (PG, R, HD, C, AD) s1ep4
- 2.30 **The Drew Barrymore Show** (PG, C)
- 3.00 **Will & Grace** (PG, R, C) s2ep2
- 3.30 **The Feed** (PG, HD, C)
- 5.00 **The Simpsons** (PG, R, HD, C, AD) s32ep12
- 5.30 **Friends** (G, R, HD, C) s1ep14
- 6.00 **The Big Bang Theory** (PG, R, HD, C, AD) s7ep23
- 6.30 **Home and Away** (PG, C) Cash and Eden get sprung in the act, and Mackenzie comes grovelling to Justin.
- 7.00 **Shortland Street** (PG, HD, C, AD) Chris is caught unawares, Marty and Monique draw closer, and Viliani makes a costly mistake.
- 7.30 **Ten 7: Aotearoa** (PG, C) Local series about crime in Aotearoa.
- 8.00 **Motorway Patrol** (PG, HD, C, AD) A breakdown leads to some dodgy towing plans, hot dogs fry on the roadside, and there’s lots of crashing.
- 8.30 **Embarrassing Bodies** (M, HD, C) The doctors help a woman with a severe skin condition, and a man with a very delicate problem. s8ep2
- 9.30 **SEAL Team** (16, C, AD) Bravo face a massive mission to shut down the Venezuelan nuclear programme. s5ep13
- 10.30 **Ten 7: Aotearoa** (PG, R, C)
- 11.00 **CSI: Crime Scene Investigation** (16, HD, C) s6ep15
- 12.50am **Extant** (M, HD, C) s2ep11
- 1.35 **Emmerdale** (PG, R, C, AD)
- 2.00 **Infomercials**
- 3.00 **Grey’s Anatomy** (M, R, HD, C) s17ep2
- 3.45 **Heroes** (M, R, HD, C) s3ep20
- 4.30 **Hollyoaks** (PG, R, HD, C, AD)
- 4.55 **2 Tunes**
- 5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

- 6.00 **AM With Ryan Bridge and Melissa Chan-Green.**
- 9.00 **Infomercials**
- 10.30 **Gold Rush** (PG, R, C)
- 11.30 **Newshub Live**
- Noon **Love’s Sweet Recipe** (2021, G, C) Megan Hutchings.
- 1.55 **Cutthroat Kitchen** (G, C)
- 3.00 **Outrageous Acts of Science** (PG, C)
- 4.00 **Bath Crashers** (G, C)
- 4.30 **Newshub Live**
- 5.00 **Gold Rush** (PG, C)
- 6.00 **Newshub Live**
- 7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 **Love It or List It Australia** (G, C) Andrew Winter and Neale Whitaker help homeowners decide whether to renovate or sell.
- 8.30 **Mean Mums** (M, C) It’s the last fundraiser of the year and Jess, Heather and Hine are desperate to recruit more volunteers for next year.
- 9.00 **The Stand Up Sketch Show** (16, C) Comedians’ routines are brought to life in sketch form.
- 9.30 **Get the Name Right** (PG, C) Joe Daymond heads to Picton to discover who it was named after, and Kara Rickard is with local iwi learning about Waitohi.
- 10.00 **Newshub Late**
- 10.30 **NCIS: Los Angeles** (M, R, C)
- 11.25 **Breaking Amish** (M, R, C)
- 12.15am **Infomercials**
- 5.30 – 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

- 6.00 **Infomercials**
- 8.00 **Kids’ Programmes** (C)
- 9.40 **The Neighborhood** (PG, C)
- 10.10 **Kids Say the Darndest Things** (PG, R, C)
- 11.10 **The Unicorn** (PG, R, C)
- 11.35 **Judge Judy** (PG)
- Noon **Designing Dreams** (G, R, C)
- 1.00 **Traffic Cops** (PG, R, C)
- 2.00 **The Late Show with Stephen Colbert** (PG, R)
- 3.00 **Wheel of Fortune** (G)
- 3.30 **Jeopardy** (G)
- 4.00 **American Pickers** (PG, R)
- 5.00 **Rural Delivery** (G, C)
- 5.30 **Prime News**
- 6.00 **Storage Wars** (PG, R, C)
- 7.00 **Pawn Stars** (PG)
- 7.30 **Michael Palin: Travels of a Lifetime** (PG, R, C)
- 8.30 **The Black Ferns: Wāhine Toa** (PG, C) Documentary about the Black Ferns.
- 9.35 **Louis Theroux: Life on the Edge** (18, R, C)
- 10.40 **The Crowd Goes Wild** (PG)
- 11.10 **UFC on Sky** (M)
- 11.40 **The Late Show with Stephen Colbert** (PG)
- 1.00am – 6.00 **Infomercials**

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

6.30 Kids' Programmes
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Lifted (G, R)
10.30 Toi Te Ora (G, R)
11.00 5 Minutes of Fame (PG)
Noon Te Ao Tapatahi
12.30 **The Power of One** (1992, M, R) Stephen Dorff.
2.45 Haka Life Web Series (G, R)
3.00 Kids' Programmes
5.00 Te Wānanga o Aotearoa Sprints (R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Waitaha (G, R)
6.30 Te Ao Mārama
7.00 Fresh (G) Pasifika show for young people.
7.30 **Nanakia 2.0** (PG) Seven tāne set out on a boys' trip of friendship, kōrero and a whole lot of laughs.
8.00 Only in Aotearoa (PG, R) Comedy sketch series.
8.30 Rage Against the Rangatahi (PG) Conspiracy theories, aliens and fake news.
9.00 Black Comedy (M) Sketch show featuring a cast of indigenous performers.
9.30 **Redfern Now** (M, R) Australian drama following six Aboriginal families.
10.30 Colonial Combat (M, R)
10.45 The Adventures of Suzy Boon (PG, R)
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

6.00 On Duke Today
10.30 DUKEbox Music
11.10 Beat the Chef (G, R, HD, C)
12.05 Two and a Half Men (PG, R, HD, C) s12ep15
12.25 Everybody Hates Chris (PG, R, HD, C)
12.50 River Monsters (PG, R, HD, C)
1.45 Star Trek Discovery (16, HD, C) s3ep10
2.40 Hunting Aotearoa (PG, R, HD)
3.10 Heavy Rescue 401 (G, R, HD)
4.00 The Chase Aus (G, HD, C)
4.50 ABC World News (PG)
5.15 Taste of Australia with Hayden Quinn (G, HD, C)
5.40 Abandoned Engineering (G, R, HD, C)
6.35 Two and a Half Men (PG, R, C) s12ep16
7.05 Everybody Hates Chris (G, R, HD, C)
7.30 The Simpsons (G, R, HD, C)
8.30 Outback Car Hunters (G, HD, C) s1ep6
9.30 Secrets of the Supercars (G, HD, C) s1ep7
10.30 NZ Hunter Adventures (PG, R, HD, C) s8ep6
11.35 The Russell Howard Hour (16, R, HD)
12.35am - 12.55 ABC World News (PG, R)



THURSDAY OCTOBER 6

Film: I AM CHRIS FARLEY

Rialto has a series of "comedy icons" docos this month, beginning with this biography of the *Saturday Night Live* comedian who died in 1997. Farley trained at Chicago's famous Second City and alumni such as Adam Sandler and Bob Odenkirk pay tribute.

RIALTO, 8.30pm

BRAVO

FREEVIEW 4 SKY 012

6.00 Infomercials
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.45 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.40 Million Dollar Listing LA (PG, R)
2.35 Love It or List It (G, R)
3.35 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 Rich Listers NZ (PG) In Queenstown, Annabel and Holly clash with local agent Hamish.
8.30 Below Deck Mediterranean (M) Kyle gets friendly with someone on board.
9.30 A&E After Dark (M) An elderly patient fell down a full flight of stairs in the middle of the night.
10.30 Snapped (M)
11.30 The Killer Affair (M, R)
12.20am - 6.00 Infomercials

SKY PREMIERE

SKY 030

6.25 Charm City Kings (2020, 16) Jahi Di'Allo Winston
8.25 Reminiscence (2021, M) Hugh Jackman
10.20 Gunpowder Milkshake (2021, 16) Karen Gillan
12.15 Stillwater (2021, M) Matt Damon, Abigail Breslin
2.30 Blackbird (2019, M) Susan Sarandon, Sam Neill
4.10 Songbird (2020, 16) KJ Apa, Sofia Carson
5.35 Death of a Telemarketer (2021, M) Lamorne Morris
7.05 Shadow in the Cloud (2021, 16) A WWII pilot travelling with a top secret suitcase encounters an evil presence on board the flight. Chloe Grace Moretz, Nick Robinson
8.30 Ghostbusters: Afterlife (2021, PG) A single mum and her two kids discover their connection to the original Ghostbusters. Carrie Coon, Paul Rudd
10.35 Escape Room: Tournament of Champions (2021, M) Taylor Russell, Logan Miller
12.10am Locked Down (2021, M)
2.05 Penguin Bloom (2020, M)
3.40 Six Minutes to Midnight (2021, M)
5.20 Amber Alert (2017, M)

EDEN

FREEVIEW 8 SKY 013

6.00 Infomercials
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Giada in Italy (G, R)
8.35 Nigella: At My Table (G, R)
9.00 Monument Mysteries (PG, R)
10.00 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Aussie Salvage Squad (PG, R)
1.00 Iceland with Alexander Armstrong (PG, R)
2.00 Shipping Wars (PG, R)
2.30 Border Security Aus (PG, R)
3.00 My Cat from Hell (PG)
4.00 Bizzare Foods: Delicious Destinations (G)
4.30 Rick Stein's Cornwall (G)
5.05 Monument Mysteries (PG)
6.00 American Pickers (PG)
7.00 Aussie Lobster Men (PG)
8.00 Newshub Live
8.30 Bite Club (M)
9.25 Army Girls (16)
10.30 Aussie Lobster Men (PG, R)
11.30 Flea Market Flip (G)
12.00am - 6.00 Infomercials

MOVIES CLASSICS

SKY 034

6.15 Young Winston (1972, G) Simon Ward, Robert Shaw
8.35 The Big Country (1958, G) Gregory Peck, Jean Simmons
11.20 Philadelphia (1993, PG) Tom Hanks, Denzel Washington
1.25 The Human Factor (1979, M) Richard Attenborough, Nicol Williamson
3.20 The Man with the Golden Arm (1955) (1955, M) Frank Sinatra, Kim Novak
5.20 Titanic (1997, M) Leonardo DiCaprio, Kate Winslet
8.30 Guess Who's Coming to Dinner (1967, PG) A white couple's attitudes are challenged when their daughter introduces them to her African-American fiancé. Spencer Tracy, Sidney Poitier
10.20 The Specialist (1994, 16) An ex-CIA bomb expert is reluctantly persuaded to help a woman exact revenge on the mob for the death of her parents. Sylvester Stallone, Sharon Stone
12.10am Malcolm X (1992, M)
3.25 A Night in Casablanca (1946, G)
4.50 Halloween 4: The Return of Michael Myers (1988, 16)

RUSH

FREEVIEW 14 SKY 024

6.00 Alaska: The Last Frontier (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Wheeler Dealers (PG, R)
8.30 Building Off the Grid (G, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained Files (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Treehouse Masters (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Wheeler Dealers (PG, R)
4.00 Building Off the Grid (G, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Wheeler Dealers (PG)
7.30 Inside West Coast Customs (PG)
8.25 Kindig Customs (PG)
9.20 Street Outlaws: No Prep Kings (M)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

RIALTO

SKY 039

6.50 The Speech (2020, M) Benjamin Lavernhe
8.20 The Mission (2022, M) Finnish documentary.
10.00 The North Water (16) UK drama series. s1ep3
11.05 Swan Song (2021, M) Udo Kier, Jennifer Coolidge
12.50 In the Cold Dark Night (2020, 16) UK/US documentary.
2.25 Identifying Features (2020, 16) Mercedes Hernandez
4.05 The North Water (16) s1ep4
5.05 The Gig Is Up (2021, M) Canadian/French documentary about the gig economy.
6.35 The Last Vermeer (2019, M) Guy Pearce, Claes Bang
8.30 Rialto Documentary: I Am Chris Farley (2015, M) Canadian documentary about comedy great and Saturday Night Live veteran Chris Farley.
10.05 The Godmother (2020, M) Isabelle Huppert
11.50 The Chocolate War (2022, M) Danish documentary.
1.15am Neon Bull (2015, 18)
3.00 Identifying Features (2020, 16)
4.40 The Gig Is Up (2021, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s1ep6 **6.50** The Closer (M) s7ep4 **7.35** Major Crimes (M) s2ep7 **8.20** The Good Wife (M) s3ep6 **9.05** Covert Affairs (M) s4ep9 **9.50** Judge Judy (PG) **10.40** The Cleaning Lady (M) s1ep1 **11.40** Garrow's Law (M) **12.55** Frayed (M) s2ep5 **1.55** The Closer (M) s7ep4 **2.50** Major Crimes (M) s2ep7 **3.45** The Good Wife (M) s3ep6 **4.40** Judge Judy (PG) **5.30** Downton Abbey (M) s1ep6 **6.30** Covert Affairs (M) s4ep9 **7.30** Murdoch Mysteries (M) s15ep4 **8.30** Gentleman Jack (M) s2ep4 **9.40** Big Little Lies (16) s1ep5 **10.45** The Good Wife (M) s3ep6 **11.45** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (16) s2ep4 **6.25** Would I Lie to You? (PG) **6.55** QI (M) **7.30** EastEnders (PG) **8.00** The Bill (M) **8.50** A Touch of Frost (16) s9ep2 **10.15** Father Brown (PG) s6ep4 **11.00** Doc Martin (PG) s6ep4 **11.50** Midsomer Murders (M) s8ep1 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep3 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (16) s26ep17 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** The Graham Norton Show (M) s29ep13 **9.30** The Jonathan Ross Show (PG) s18ep7 **10.25** The Mallorca Files (PG) s1ep4 **11.15** Midsomer Murders (M) s8ep1 **12.55am** Programmes continue

SoHo SKY 010

6.00 Betty (16) **6.30** House of the Dragon (18) s1ep7 **7.30** The House That Dragons Built (18) s1ep7 **7.55** The Great (M) s1ep8 **8.45** American Gigolo (18) s1ep4 **9.40** Yvonne Orji: Momma, I Made It! (M) **10.45** Betty (16) **11.15** Real Time with Bill Maher (M) s20ep29 **12.15** House of the Dragon (18) s1ep7 **1.15** The House That Dragons Built (18) s1ep7 **1.40** The Great (M) s1ep8 **2.30** American Gigolo (18) s1ep4 **3.30** What We Do in the Shadows (16) s4ep7 **4.00** Betty (16) **4.30** Our Cartoon President (16) s3ep17 **5.00** Dave (16) s1ep4 **5.30** The L Word: Generation Q (18) s1ep7 **6.30** Industry (16) s2ep5 **7.30** Dave (16) s1ep9 **8.00** Atlanta (16) s4ep3 **8.30** Flatbush Misdeemeanors (16) s2ep3 **9.00** Shining Vale (M) s1ep3 **9.30** McMillion\$ (M) s1ep5 **10.30** A Million Little Things (M) s4ep6 **11.30** Westworld (18) s3ep6 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Gardening Australia (PG) **10.00** Martha Knows Best (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Back in Time for Dinner (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.45** Martha Knows Best (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Halloween Wars (PG) **9.30** Girl Meets Farm (PG) **10.30** Location Location Location Australia **11.30** House Hunters (PG) **12.20am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** People Magazine Investigates (M) **7.45** OJ and Nicole: An American Tragedy (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** True Conviction (M) **6.35** Evil Lives Here (M) **8.30** Crimes Gone Viral (M) **9.30** Body Cam (M) **10.30** Murder Comes to Town (M) **11.25** Dead of Night (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.10 Brahms: The String Sextets **7.30** Classical Destinations with Simon Callow **8.00** Salzburg Festival 2020: Thielemann conducts Wagner & Bruckner **9.40** RCO: Andris Nelsons Conducts Beethoven and Skryabin **11.05** Teodor Currentzis & Sasha Waltz: Beethoven's 7th **11.50** Teodor Currentzis Conducts Beethoven's 9th **1.10** Mozart Week 2021: Quatuor Van Kuijk **2.10** Brahms: The String Sextets **3.30** Classical Destinations with Simon Callow **4.00** Talking Heads: Alan Bennett Monologues **4.45** La Potière **5.35** In the Making **6.00** Off Camera **7.00** Megalodemocrat: The Public Art of Rafael Lozano-Hemmer (2019, G) Documentary about the Mexican-Canadian artist. **8.30** Video Killed the Radio Star: Coldplay **9.00** The Dance (2021, G) **10.30** Grayson's Art Club **11.15** The Decisive Moment **11.30** In the Making **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Deadliest Catch (M) **11.15** Great Southern Truckers (PG) **12.10** Man Caves (PG) **12.35** How It's Made (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (PG) **5.40** Demolition Down Under (PG) **6.35** Aussie Gold Hunters (PG) **8.30** Gold Rush the Dirt: The Hoffman Story (M) **9.30** Gold Rush: Dave Turin's Lost Mine (M) **10.30** Homestead Rescue: Raney Ranch (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

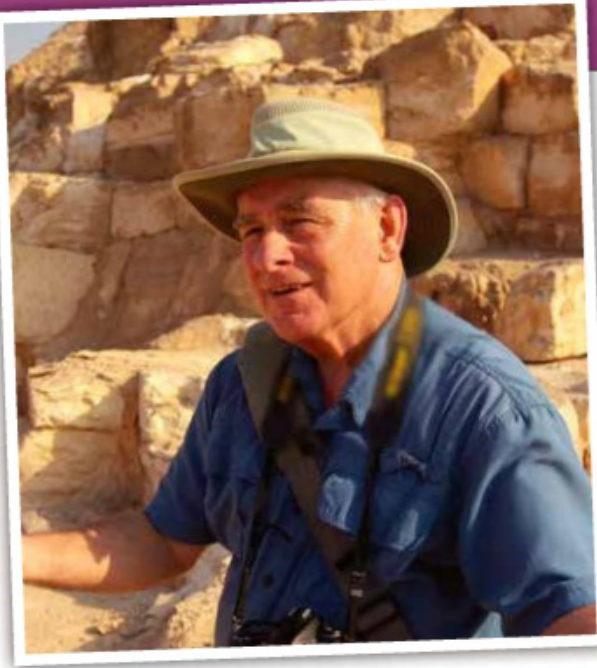
6.00 Food Factory (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** World's Greatest Train Journeys from Above (PG) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** Decades Remixed: The 80s Greatest (PG) **11.00** Edge of the Unknown (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** César Millan: Better Human, Better Dog (PG) **3.30** Only in OZ (PG) **4.30** Food Factory (PG) **5.30** Edge of the Unknown (PG) **6.00** Aussie Snake Wranglers (PG) **6.30** World's Greatest Train Journeys from Above (PG) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Hitler's Last Stand (M) **9.30** Hitler's Supergun (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 D-Day Lost Films (M) **8.30** Time Team **9.30** Myth Hunters (PG) **10.30** Time Team **11.30** The Unxplained (PG) **12.30** Abandoned Engineering (PG) **1.30** Battlefield (PG) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** Abandoned Engineering (PG) **8.30** Ancient Apocalypse (PG) **9.30** Pyramids: Solving the Mystery **10.30** World's Greatest Ships (PG) **11.30** Hitler's Most Wanted (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Natural History Museum: World of Wonder (PG) **6.45** Life Below Zero (M) **7.40** Where the Wild Men Are (PG) **8.30** Brian Cox: Forces of Nature (PG) **9.30** The Truth About Getting Fit at Home (PG) **10.25** The Dog Rescuers (PG) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Nature's Great Events (PG) **1.20** Brian Cox: Forces of Nature (PG) **2.20** Natural History Museum: World of Wonder (PG) **3.10** Incredible Journeys with Simon Reeve (PG) **4.10** The Truth About Getting Fit at Home (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** The Dog Rescuers with Alan Davies (PG) **9.25** Frozen Planet (PG) **10.20** Nature's Great Events (PG) **11.15** Incredible Journeys with Simon Reeve (PG) **12.20am** Programmes continue



History: Pyramids: Solving the Mystery, 9.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.15 West Indies Women v White Ferns, 5th T20, **live Noon** Winter Games Highlights **12.30** Gallagher Premiership, Saracens v Leicester Tigers, replay from StoneX Stadium, London **2.30** National Provincial Championship, Northland v Manawatu, replay from Semenoff Stadium, Whangarei **4.30** National Provincial Championship, Otago v Canterbury, replay from Forsyth Barr Stadium, Dunedin **6.30** UFC on Sky **7.00** Mainfreight Rugby **8.00** Inside Netball **8.30** National Tribute to Sir Wayne Shelford, **live 9.45** National Provincial Championship, Auckland v Taranaki, highlights from Eden Park, Auckland **10.00** Winter Games Highlights **10.30** Mainfreight Rugby **11.30** National Provincial Championship, Waikato v Bay of Plenty, replay from FMG Stadium Waikato, Hamilton **1.30am** National Provincial Championship, Southland v North Harbour **1.50** Cycling, Gran Piemonte, from Italy, **live 3.00** Gallagher Premiership, Harlequins v Northampton Saints, replay

Sky Sport 2 SKY 052

6.00 Premier League Match of the Week **8.00** ATP Uncovered **8.30** ATP 500, Japan Open, day 3, match of the day from Ariake Colosseum, Tokyo **10.00** ATP 500, Japan Open, day 3, highlights **11.00** ATP 500, Astana Open, day 3, match of the day from Nur-Sultan, Kazakhstan **12.30** ATP 500, Japan Open, day 3, match of the day from Ariake Colosseum, Tokyo **2.00** ATP 500, Japan Open, day 3, highlights **3.00** ATP 500, Japan Open, day 4, from Ariake Colosseum, Tokyo, **live 7.00** Premier League Match of the Week **9.00** ATP 500, Japan Open, day 3, highlights **10.00** ATP 500, Japan Open, day 4, from Ariake Colosseum, Tokyo, **live 2.00am** The Crowd Goes Wild **2.30** Australia v West Indies, 1st T20, highlights **3.00** National Provincial Championship, Counties Manukau v Wellington, replay from Navigation Homes Stadium, Pukekohe **5.00** The Back Page

Sky Sport 3 SKY 053

6.00 Cricket, West Indies Women v White Ferns, 1st T20, highlights **6.30** West West Indies Women v White Ferns, 2nd T20, highlights **7.00** World Grand Prix Darts, day 3, from Morningside Arena, Leicester, **live Noon** India v South Africa, 3rd T20, replay from Holkar Stadium, Indore **3.00** Australia v West Indies, 1st T20, replay from Metricon Stadium, Gold Coast **7.00** West Indies Women v White Ferns, T20, highlights **7.30** West Indies Women v White Ferns, T20, highlights **8.00** Australia v West Indies, 1st T20, highlights **8.30** India v South Africa, 3rd T20, highlights **8.50** India v South Africa, 1st ODI, from Ekana Cricket Stadium, Lucknow, **live 5.00am** India v South Africa, 3rd T20, highlights **5.30** Australia v West Indies, 1st T20, highlights

TVNZ 1 FREEVIEW 1 SKY 001

- 6.00 Breakfast** (HD, C) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
- 9.00 Unbeatable** (G, HD, C) Jason Manford hosts a UK quiz show.
- 10.00 Tipping Point** (G, R, HD, C) Ben Shephard hosts a UK quiz show.
- 11.00 The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- Noon 1 News** (HD, C)
- 12.30 Emmerdale** (PG, C, AD)
- 1.00 Hollyoaks** (PG, C, AD) Juliet warns Sid to keep Victor at arm's length, but he agrees to attend the funeral.
- 2.00 Coronation Street** (PG, R, C, AD)
- 3.00 Tipping Point** (G, C) Ben Shephard hosts a UK quiz show.
- 4.00 Te Karere** (HD) A Māori perspective on the day's news and current affairs.
- 4.30 Heathrow: Britain's Busiest Airport** (G, R, HD, C, AD)
- 5.00 The Chase** (G, R, HD, C) Bradley Walsh hosts a UK quiz show.
- 6.00 1 News** (HD, C)
- 7.00 Seven Sharp** (HD, C) Hilary Barry and Jeremy Wells present current affairs and entertainment.
- 7.30 The Repair Shop** (G, HD, C, AD) UK series in which expert craftspeople restore treasured items.
- 8.30 The Dog House** (G, HD, C, AD) UK series in which dogs are matched with new owners. Tonight, Saluki puppy Harry impresses with his kangaroo jumps, Nancy the staffie plays a mean game of fetch, and Tia the ex-breeding spaniel looks for a new home to spend her retirement. s3ep6
- 9.30 Hotel People** (M, C, AD) The Europa hotel gets a facelift at 50, the Slieve Donard has its most important wedding of the season, and there's a shock announcement at the Culloden. s1ep3
- 10.45 1 News** (HD, C)
- 11.15 Shortland Street** (PG, R, C, AD) Vivienne betrays Chris, Marty is love sick, and Vili has nowhere to run.
- 11.45 The Great British Sewing Bee** (G, R, HD, C, AD) s6ep7
- 12.55am Schitt's Creek** (PG, R, C, AD) While in town for the surprise party, Patrick's parents receive a surprise of their own, and Moira is coaxed into going to a soap opera convention with Alexis. s5ep11
- 1.40 Te Karere** (R, HD)
- 2.05 Infomercials**
- 5.30 - 6.00 Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

- 6.00 Les Mills Born to Move** (G, R, HD, C)
- 6.25 Code Fun** (G, R, HD, C, AD)
- 6.40 Takaro Tribe** (G, R, HD, C, AD)
- 6.55 Darwin & Newts** (G, R, HD, C, AD)
- 7.05 Robin Hood: Mischief in Sherwood** (G, HD, C)
- 7.30 Wacky Races** (G, R, HD, C)
- 7.50 Teen Titans Go!** (G, R, HD, C)
- 8.15 Gus - the Itsy Bitsy Knight** (G, HD, C) s1ep11
- 8.25 Mighty Little Bheem** (G, R, HD, C)
- 8.35 Sesame Street** (G, HD, C)
- 9.05 Infomercials**
- 9.30 Les Mills Grit Cardio** (G, R, HD, C)
- 10.00 The Drew Barrymore Show** (PG, C)
- 10.30 Home and Away** (PG, R, C)
- 11.00 Shortland Street** (PG, R, HD, C, AD)
- 11.30 Smash** (PG, HD, C) s1ep2
- 12.30 First Dates** (PG, HD, C)
- 1.30 Down for Love** (G, R, HD, C, AD) s1ep5
- 2.30 The Drew Barrymore Show** (PG, C)
- 3.00 Will & Grace** (PG, R, C) s2ep3
- 3.30 The Feed** (PG, HD, C)
- 5.00 The Simpsons** (PG, R, HD, C, AD) s32ep13
- 5.30 Friends** (G, R, HD, C) s1ep15
- 6.00 The Big Bang Theory** (PG, R, HD, C, AD) s7ep24
- 6.30 Home and Away** (PG, C) Xander flaunts his battle scars, Bree and Remi agree to be just friends, and Marilyn dons rose-coloured glasses for Heather.
- 7.00 Shortland Street** (PG, HD, C, AD) Vivienne betrays Chris, Marty is love sick, and Vili has nowhere to run.
- 7.30 The Voice Australia** (PG, C) Sonia Kruger hosts a singing competition, with coaches Keith Urban, Rita Ora, Guy Sebastian and Jessica Mauboy.
- 9.10 Have You Been Paying Attention?** (M, C) Hayley Sproull hosts a topical comedy panel show.
- 10.10 Dinner Date** (G, HD, C, AD) UK dating show in which single people choose a date based on three meals cooked in their own home.
- 11.10 Ready to Mingle** (16, HD, C) A hot new boy arrives in an attempt to break up the love triangle. s1ep11
- 12.10am Alex Rider** (M, HD, C) s2ep8
- 1.00 Evil** (M, HD, C) s2ep8
- 1.50 Emmerdale** (PG, R, C, AD)
- 2.10 Infomercials**
- 3.10 Unreal** (16, HD, C) s4ep7
- 4.40 Call Me Kat** (PG, R, HD, C) s1ep2
- 5.25 Hollyoaks** (PG, R, HD, C, AD)
- 5.50 - 6.00 2 Tunes**

THREE FREEVIEW 3 SKY 003

- 6.00 AM** With Ryan Bridge and Melissa Chan-Green.
- 9.00 Infomercials**
- 10.30 Gold Rush** (PG, R, C)
- 11.30 Newshub Live**
- Noon The Song to My Heart** (2022, G, C) An organic tea shop owner helps a music sensation write lyrics for a new solo album. Lanie McAuley, Sebastian Pigott.
- 2.00 Cutthroat Kitchen** (G, C)
- 3.00 Outrageous Acts of Science** (PG, C) Problem-solving devices from the web's top inventors, including a kit to fend off sharks and DIY scuba gear.
- 4.00 Bath Crashers** (G, C)
- 4.30 Newshub Live**
- 5.00 Gold Rush** (PG, C)
- 6.00 Newshub Live**
- 7.00 The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
- 7.30 Dune** (1984, PG, C) Rival noble families battle for control of a harsh desert planet that is the only source of a vital commodity known as Spice. Kyle MacLachlan, Virginia Madsen, Jürgen Prochnow, Brad Dourif, Dean Stockwell, Sting, Max von Sydow. **TV Films, page 69**
- 10.10 Newshub Late**
- 10.40 Expedition: Back to the Future** (PG, C) Josh Gates and Christopher Lloyd continue their search at Universal Studios in Florida.
- 11.35 Funny Girls** (16, R, C) Local sketch comedy series.
- 12.05am - 6.00 Infomercials**

PRIME FREEVIEW 10 SKY 004

- 6.00 Infomercials**
- 8.00 Kids' Programmes** (C)
- 9.40 Addicted to Fishing** (PG, R, C)
- 10.10 Kids Say the Darndest Things** (PG, R, C)
- 11.10 The Unicorn** (PG, R, C)
- 11.35 Judge Judy** (PG)
- Noon Designing Dreams** (G, R, C)
- 1.00 Traffic Cops** (PG, R, C)
- 2.00 The Late Show** (PG, R)
- 3.00 Wheel of Fortune** (G)
- 3.30 Jeopardy** (G)
- 4.00 American Pickers** (PG, R)
- 5.00 Attitude** (PG, C)
- 5.30 Prime News**
- 6.00 Storage Wars** (PG, R, C)
- 7.00 Pacific Brothers & Sisters** (G) With Oscar Kightley.
- 7.30 Border Security: America's Front Line** (PG, R, C)
- 8.00 Hardcore Pawn: Chicago** (PG, C)
- 8.30 Pawn Stars** (PG)
- 9.30 National Tribute: Sir Wayne Shelford** (PG, C)
- 11.00 RAW** (PG)
- 12.00am The Late Show** (PG)
- 1.00 How to Make It in America** (16, C)
- 1.30 - 6.00 Infomercials**

**Documentary: WONDERLAND**

How and why a number of British writers over a roughly 75-year period created children's literature that is still beloved today seems to be rooted in tragedy. Kenneth Grahame, creator of *The Wind in the Willows*, was overwhelmed with grief when his 19-year-old son committed suicide; Rudyard Kipling lost his son and his daughter; Beatrix Potter had to give up the love of her life, but still created Peter Rabbit. This four-part series explores this "golden age" in which authors created worlds they wished to live in, as very often their real lives were beset by tragedy and unhappiness.

SKY ARTS, 8.30PM

**Comedy: DERRY GIRLS**

The Irish show about a group of teens growing up during the final years of the Troubles has become Channel 4's most successful comedy since *Father Ted*; in the greatest of accolades, a mural now exists on the side of a bar in Derry. Season 3, which begins today, is its last and begins with a special appearance by a famous Irish actor.

NETFLIX

WHAKAATA MĀORI

FREEVIEW 5 SKY 019

- 6.30 Kids' Programmes**
8.00 Tribe (G, R)
8.30 Oranga Ngākau (G, R)
9.30 Whānau Living (G, R)
10.00 Lucky Dip (G, R)
10.30 Toi Te Ora (G, R)
11.00 Rage Against the Rangatahi (PG)
11.30 Lifted (G, R)
Noon Te Ao Tapatahi
12.30 Only in Aotearoa (PG, R)
1.00 Ka Pai Living (PG, R)
1.30 Tōku Reo (G, R)
2.30 Ako (G, R)
3.00 Kids' Programmes
4.30 Tribe (G, R)
5.00 Te Wānanga o Aotearoa Sprints (R)
5.30 Kids' Programmes
6.00 Haka Ngahau ā-Rohe: Waitaha (G, R) Waitaha, from Ōtautahi.
6.30 Te Ao Mārama
7.00 Pacific Island Food Revolution (G, R) In Vanuatu, three new teams must recreate classic dishes.
8.00 Going Native (G, R) Drew Hayden Taylor explores the positive impacts of Native culture around the globe.
8.30 Intrepid Journeys (PG) Keisha Castle-Hughes is in Tanzania.
9.30 Moko (G, R) What is the vision for the future?
10.00 The New Zealanders (G, R)
11.00 - 11.30 Te Ao Mārama (R)

TVNZ DUKE

FREEVIEW 6 SKY 023

- 6.00 On Duke Today**
10.30 DUKEbox Music
11.00 Beat the Chef (G, R, HD, C)
11.55 Two and a Half Men (PG, R, C) s12ep16
12.15 Everybody Hates Chris (G, R, HD, C)
12.40 River Monsters (PG, R, HD, C)
1.35 Star Trek Discovery (PG, HD, C) s3ep11
2.35 Hunting Aotearoa (PG, R, HD)
3.05 Heavy Rescue 401 (PG, R, HD)
3.55 The Chase Aus (G, HD, C)
4.45 ABC World News (PG)
5.10 Taste of Australia with Hayden Quinn (G, HD, C)
5.35 Abandoned Engineering (G, R, HD, C)
6.30 Two and a Half Men (PG, R, HD, C) s7ep1
7.00 Everybody Hates Chris (G, R, HD, C)
7.30 The Simpsons (PG, R, HD, C) s21ep2
8.30 Family Guy (PG, R, HD, C, AD)
9.25 Deuce Bigalow: European Gigolo (2005, 16, R, HD, C, AD) Rob Schneider, Eddie Griffin.
11.05 Friday Night Lights (PG, HD, C) s1ep6
12.45am - 1.05 ABC World News (PG, R)

Film: 12 ANGRY MEN

No 2 on the American Film Institute's top 10 courtroom dramas; not bad for a debut feature that Sidney Lumet shot in three weeks on a small budget, even for the time. True to the title, there are no female characters in the film, although a women's bathroom can be seen.

SKY MOVIES CLASSICS, 10.15pm



BRAVO

FREEVIEW 4 SKY 012

- 6.00 Infomercials**
10.00 Love It or List It (G, R)
10.50 Stop Search Seize (PG, R)
11.40 A Place in the Sun: Winter Sun (G, R)
12.40 Shark Tank (PG, R)
1.40 Million Dollar Listing LA (PG, R)
2.35 Love It or List It (G, R)
3.35 Top Chef (PG)
4.30 Shark Tank (PG, R)
5.30 A Place in the Sun: Winter Sun (G)
6.30 Stop Search Seize (PG, R)
7.30 Misery (1990, M, C) An obsessive fan holds an author captive and forces him to rewrite the finale to his book series. James Caan, Kathy Bates
9.45 An Unexpected Killer (16, R) A recently retired woman is found murdered and detectives face a lack of evidence.
10.45 Snapped (M)
11.40 The Killer Affair (M, R)
12.30am - 6.00 Infomercials

SKY PREMIERE

SKY 030

- 6.50 A Quiet Place Part II** (2020, M) Emily Blunt
8.25 Music (2021, M) Kate Hudson, Maddie Ziegler
10.10 Fatale (2020, 16) Hilary Swank, Michael Ealy
11.50 Moonshot (2022, M) Cole Sprouse, Zach Braff
1.35 Four Good Days (2019, M) Mila Kunis, Glenn Close
3.15 Old (2021, M) Gael Garcia Bernal, Vicky Krieps
5.05 The Card Counter (2021, 16) Oscar Isaac, Tye Sheridan
6.55 Naked Singularity (2021, 16) A burnt-out public defender decides to rob his client's multimillion-dollar drug deal. John Boyega, Olivia Cooke
8.30 Mark Hunt: The Fight of His Life (2021, 16) Documentary about the mixed martial arts superstar, from a childhood of abuse to his triumph in the UFC.
10.00 Kimi (2022, 16) Zoe Kravitz, Rita Wilson
11.30 Separation (2020, M) Violet McGraw, Rupert Friend
1.15am The Space Between (2021, M) **2.55** The Professor and the Madman (2019, M) **5.00** Let Them All Talk (2020, M)

EDEN

FREEVIEW 8 SKY 013

- 6.00 Infomercials**
6.30 My Cat from Hell (PG, R)
7.20 The Pioneer Woman (G)
7.45 Trisha's Southern Kitchen (G)
8.10 Bizarre Foods: Delicious Destinations (G, R)
8.35 Rick Stein's Cornwall (G, R)
9.10 Mysteries at the Monument (PG, R)
10.05 American Pickers (PG, R)
11.00 Salvage Dawgs (G)
11.30 Flea Market Flip (G, R)
Noon Strip the City (PG)
2.00 Aussie Lobster Men (PG, R)
3.00 My Cat from Hell (PG)
4.00 Jamie & Jimmy's Food Fight Club (PG, R)
5.00 Mysteries at the Monument (PG)
6.00 American Pickers (PG)
7.00 The Chase USA (PG)
8.00 Newshub Live
8.30 All Together Now UK (G) Singing competition.
9.50 The Great Giveback with Melissa McCarthy (G)
10.50 The Chase USA (PG, R)
11.50 - 6.00 Infomercials

MOVIES CLASSICS

SKY 034

- 6.15 Pale Rider** (1985, PG) Clint Eastwood, Michael Moriarty
8.07 Alvarez Kelly (1966, PG) William Holden
9.55 The Doors (1991, 16) Val Kilmer, Meg Ryan
12.15 The Bodyguard (1992, M) Kevin Costner, Whitney Houston
2.20 Cape Fear (1991, 16) Robert De Niro, Nick Nolte
4.25 The People vs Larry Flynt (1996, 18) Woody Harrelson, Edward Norton
6.35 City Slickers II (1994, PG) A middle-aged man goes on another adventure when he discovers a treasure map. Billy Crystal, Daniel Stern
8.30 Buck and the Preacher (1972, M) After the Civil War, a former soldier and a con artist masquerading as a preacher help emancipated slaves find safety. Sidney Poitier, Harry Belafonte
10.15 12 Angry Men (1957, G) Henry Fonda, Martin Balsam
11.50 Jubal (1956, PG) Glenn Ford, Ernest Borgnine
1.30am Castle Keep (1969, M) **3.15** Fanny (1961, G) **5.25** The Swimmer (1968, M)

RUSH

FREEVIEW 14 SKY 024

- 6.00 Alaska: The Last Frontier** (PG, R)
6.50 Treehouse Masters (PG, R)
7.40 Wheeler Dealers (PG, R)
8.30 Inside West Coast Customs (PG, R)
9.20 Mysteries of the Deep (PG, R)
10.10 NASA's Unexplained (PG, R)
11.00 Alaska: The Last Frontier (PG, R)
11.50 Treehouse Masters (PG, R)
12.40 Building Alaska (G, R)
1.30 Gem Hunt (PG, R)
2.20 Expedition Unknown (PG, R)
3.10 Wheeler Dealers (PG, R)
4.00 Inside West Coast Customs (PG, R)
4.50 Alaska: The Last Frontier (PG, R)
5.40 Treehouse Masters (PG)
6.35 Wheeler Dealers (PG)
7.30 Expedition Mungo (PG)
8.25 Expedition Unknown (PG)
9.20 NASA's Unexplained Files (PG)
10.15 Alaska: The Last Frontier (PG)
11.10 Treehouse Masters (PG, R)
12.00am Programmes continue

RIALTO

SKY 039

- 6.10 The North Water** (16) s1ep4
7.10 I Am Chris Farley (2015, M) Canadian documentary.
8.45 The Last Vermeer (2019, M) Guy Pearce, Claes Bang
10.40 The Godmother (2020, M) Isabelle Huppert
12.25 The Chocolate War (2022, M) Danish documentary.
1.50 Anonymous Animals (2020, 16) Thierry Marcos
3.00 Banksy Most Wanted (2020, M) French documentary.
4.25 The North Water (16) s1ep5
5.25 A Rainy Day in New York (2019, M) Elle Fanning
6.55 I Am Chris Farley (2015, M) Canadian documentary.
8.30 Beverly Hills Ninja (1997, M) A bumbling orphan who was raised by ninjas travels to Beverly Hills to help a woman investigate her shady boyfriend. Chris Farley, Nicollette Sheridan
10.00 Nitram (2021, 16) Caleb Landry Jones
11.50 Inheritance (2020, 16) Lily Collins, Simon Pegg
1.40am New Order (2020, 16) **3.05** Anonymous Animals (2020, 16) **4.15** Banksy Most Wanted (2020, M) **5.45** Beverly Hills Ninja (1997, M)

SKY CHANNELS

Vibe SKY 006

6.00 Downton Abbey (M) s1ep7 **7.05** The Closer (M) s7ep5 **7.50** Major Crimes (M) s2ep8 **8.35** The Good Wife (M) s3ep7 **9.20** Covert Affairs (M) s4ep10 **10.05** Judge Judy (PG) **10.55** Murdoch Mysteries (M) s15ep4 **11.50** Gentleman Jack (M) s2ep4 **1.00** Big Little Lies (16) s1ep5 **2.00** The Closer (M) s7ep5 **2.50** Major Crimes (M) s2ep8 **3.40** The Good Wife (M) s3ep7 **4.30** Judge Judy (PG) **5.20** Downton Abbey (M) s1ep7 **6.35** Covert Affairs (M) s4ep10 **7.30** Jamestown (16) s3ep2 **8.30** Medici: The Magnificent (16) s2ep1 **9.35** Outlander (18) A deserter from Jamie's past resurfaces, and Murtagh and Claire try an unusual method to get a message to Jamie. s1ep13&14 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** EastEnders (PG) **7.35** The Bill (M) **8.25** A Touch of Frost (16) s10ep1 **10.10** Father Brown (PG) s6ep5 **11.00** Doc Martin (PG) s6ep5 **11.50** Midsomer Murders (M) s8ep2 **1.35** The Bill (M) **2.25** New Tricks (M) s11ep4 **3.25** 8 Out of 10 Cats Does Countdown (16) **4.20** The Graham Norton Show (M) s26ep18 **5.15** Who Do You Think You Are? (PG) **6.20** QI (M) **6.55** Keeping Up Appearances (PG) s1ep1 **7.25** QI (M) **8.00** Would I Lie to You? (PG) **8.35** 8 Out of 10 Cats Does Countdown (M) **9.30** 8 Out of 10 Cats Does Countdown (M) **10.30** Hypothetical (M) s2ep6 **11.20** Midsomer Murders (M) s8ep2 **1.00am** Programmes continue

SoHo SKY 010

6.05 Westworld (18) s3ep6 **7.05** A Christmas Carol (16) s1ep1 **8.05** Industry (16) s2ep5 **9.05** Flatbush Misdemeanors (16) s2ep3 **9.35** Shining Vale (M) s1ep3 **10.05** McMillion\$ (M) s1ep5 **11.00** A Million Little Things (M) s4ep6 **11.45** Westworld (18) s4ep6 **12.45** Industry (16) s2ep5 **1.40** Dave (16) s1ep9 **2.10** Atlanta (16) s4ep3 **2.40** Flatbush Misdemeanors (16) s2ep3 **3.10** Shining Vale (M) s1ep3 **3.40** McMillion\$ (M) s1ep5 **4.35** Our Cartoon President (16) s3ep18 **5.05** Dave (16) s1ep5 **5.30** The L Word: Generation Q (18) s1ep8 **6.30** Yellowstone (16) s4ep6 **7.30** The Vow (18) s1ep3 **8.30** A Discovery of Witches (M) s3ep4 **9.30** Impeachment: American Crime Story (16) As she prepares to leave DC, Monica grows concerned that someone is sharing news about her affair. s3ep5 **10.30** Avenue 5 (M) s1ep3 **11.00** Last Week Tonight with John Oliver (M) s9ep24 **11.35** American Gigolo (18) s1ep4 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** Giada Entertains (PG) **7.40** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Girl Meets Farm (PG) **10.00** Halloween Wars (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Location Location Location Australia **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** Giada Entertains (PG) **4.15** Girl Meets Farm (PG) **4.40** Halloween Wars (PG) **5.40** Location Location Location Australia (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Paramedics on Scene (PG) **9.30** Long Lost Family US (PG) **10.30** Grand Designs Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **6.55** Undercover Underage (M) **7.45** Homicide City (M) **8.35** Crimes Gone Viral (M) **9.25** Dead of Night (M) **10.20** Disappeared (M) **11.15** Murder Comes to Town (M) **12.10** Married with Secrets (M) **1.05** Who the (Bleep) Did I Marry? (M) **2.00** Obsession: Dark Desires (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Married with Secrets (M) **5.40** Crimes Gone Viral (M) **6.35** Body Cam (M) **7.30** Evil Lives

Here (M) **8.30** Reasonable Doubt (M) **9.30** Deadly Legacy (M) **10.30** Murder Comes to Town (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Grayson's Art Club **7.15** The Decisive Moment **7.30** In the Making **8.00** Talking Heads: Alan Bennett Monologues **8.45** La Potière **9.35** In the Making **10.00** Off Camera **11.00** Megalodemocrat: The Public Art of Rafael Lozano-Hemmer (2019, G) **12.30** Video Killed the Radio Star **1.00** The Dance (2021, G) **2.30** Grayson's Art Club **3.15** The Decisive Moment **3.30** In the Making **4.00** The New Bauhaus (2019, G) **5.30** Immersive World **6.00** Jack Lemmon: A True Trooper **7.00** Put Some Colour in Your Life **8.00** Wonderland (G) Series exploring the golden age of children's literature in Britain. **9.00** Master Class **9.30** Restitution? Africa's Fight for Its Art **10.30** Portrait Artist of the Year **12.00am** Programmes continue

Discovery SKY 070

6.05 Man Caves (PG) **6.30** Pool Kings (PG) **6.55** Strange Evidence (PG) **7.45** Maine Cabin Masters (PG) **8.35** Alaska: The Last Frontier (PG) **9.25** Fast N' Loud (PG) **10.20** Gold Rush the Dirt: The Hoffman Story (M) **11.15** Aussie Gold Hunters (PG) **12.10** Man Caves (PG) **12.35** Pool Kings (PG) **1.05** Expedition X (M) **2.00** Naked and Afraid XL (M) **2.55** Barnwood Builders (PG) **3.50** Deadliest Catch (PG) **4.45** Gold Rush: Parker's Trail (PG) **5.40** Demolition Down Under (PG) **6.35** Great Southern Truckers (PG) **7.30** Gold Rush the Dirt: The Hoffman Story (M) **8.30** Aussie Gold Hunters (PG) **9.30** Dirty Jobs (PG) **10.30** What on Earth? (PG) **11.25** Naked and Afraid XL (M) **12.15am** Programmes continue

National Geographic SKY 072

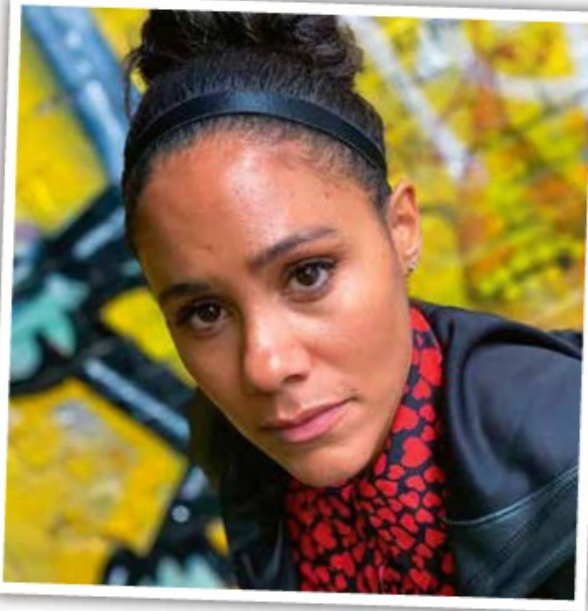
6.00 Food Factory (PG) **6.30** World's Greatest Train Journeys from Above (PG) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Hitler's Last Stand (M) **9.30** Hitler's Supergun (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (PG) **1.30** Mega Factories **2.30** Ocean Wreck Investigation (PG) **3.30** Gordon Ramsay: Uncharted (PG) **5.30** Last of the Giants: Wild Fish (PG) **6.30** Hitler's Last Stand (M) **7.30** Aussie Snake Wranglers (PG) **8.00** Outback Wrangler (PG) **8.30** Inside Russia's Toughest Prisons (M) **9.30** Air Crash Investigation (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Pyramids: Solving the Mystery **7.30** World's Greatest Ships (PG) **8.25** Time Team **9.25** Myth Hunters (PG) **10.25** Time Team **11.25** Abandoned Engineering (PG) **12.20** Ancient Apocalypse (PG) **1.20** History of Warfare (PG) **2.30** The War (M) **3.30** Secret War (PG) **4.30** Nazi Hunters (M) **5.30** Myth Hunters (PG) **6.30** Time Team **7.30** WWII: Witness to War (M) **8.30** Ten Mistakes (PG) How could 9/11 have been prevented? **9.30** Inside Hitler's Bunker (PG) **10.30** The Unexplained (PG) **11.30** Hitler's Last Secrets (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Expedition with Steve Backshall (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are (PG) **8.35** Earth from Space (PG) **9.30** The Truth About Antibiotics (PG) **10.30** The Dog Rescuers (PG) **11.20** 24 Hours in A&E (PG) **12.10** The Planets: Minisodes (PG) **12.15** Nature's Great Events (PG) **1.10** Earth from Space (PG) **2.05** Expedition with Steve Backshall (PG) **3.00** Incredible Journeys with Simon Reeve (PG) **4.00** The Truth About Antibiotics (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.35** 24 Hours in A&E (PG) **8.30** Ade's Climate Pioneers (PG) **9.30** The Truth About Better Mental Health (PG) **10.30** The Private Life of Plants (PG) **11.20** Incredible Journeys with Simon Reeve (PG) **12.25am** Programmes continue



BBC Earth: The Truth About Better Mental Health, 9.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 National Provincial Championship, Auckland v Taranaki **6.15** West Indies Women v White Ferns, 5th T20, **live 10.30** The Crowd Goes Wild **11.00** Inside Netball **11.30** Mainfreight Rugby **12.30** UFC on Sky **1.00** The Crowd Goes Wild **1.30** Inside Netball **2.00** West Indies Women v White Ferns, 5th T20, highlights **2.30** National Provincial Championship, replay **4.30** Gallagher Premiership, round 4 highlights **5.00** Mainfreight Rugby **6.00** National Provincial Championship, highlights **7.00** National Provincial Championship, quarter-final 1, **live 9.00** Pacific Brothers & Sisters **9.30** The Crowd Goes Wild **10.00** Golf, Asian Tour, **live 1.00am** West Indies Women v White Ferns, 5th T20 **1.30** The Crowd Goes Wild **2.00** National Provincial Championship, quarter-final 1 **2.20** Gallagher Premiership, round 4 highlights **2.50** World Superbike Championship, round 9, practice 2, from Algarve International Circuit, Portugal, **live 4.00** National Provincial Championship, quarter-final 1, replay

Sky Sport 2 SKY 052

6.00 Inside Netball **6.30** Sky Speed **7.00** World Grand Prix Darts, day 4, from Morningside Arena, Leicester, **live Noon** ATP 500, Astana Open, day 4, match of the day from Nur-Sultan, Kazakhstan **1.30** ATP 500, Astana Open, day 4, highlights **2.30** ATP 500, Japan Open, day 4, match of the day from Ariake Colosseum, Tokyo **4.00** ATP 500, Japan Open, day 4, highlights **5.00** ATP 500, Japan Open, day 5, from Ariake Colosseum, Tokyo, **live 2.00am** The Darts Show **3.00** NBL, NZ Breakers v Tasmania Jackjumpers, replay from Spark Arena, Auckland **5.00** India v South Africa, 1st ODI, highlights **5.30** The Crowd Goes Wild

Sky Sport 3 SKY 053

6.00 West Indies Women v White Ferns, T20, replay **9.30** West Indies Women v White Ferns, T20, highlights **10.00** India v South Africa, 1st ODI, replay from Ekana Cricket Stadium, Lucknow **6.00** Australia v West Indies, 1st T20, highlights from Metricon Stadium, Gold Coast **6.30** Pakistan v England, 7th T20, highlights from Gaddafi Stadium, Lahore **7.00** India v South Africa, 1st ODI, highlights from Ekana Cricket Stadium, Lucknow **7.30** West Indies Women v White Ferns, T20, highlights **8.00** Australia v West Indies, 1st T20, highlights from Metricon Stadium, Gold Coast **8.30** Australia v West Indies, 2nd T20, from The Gabba, Brisbane, **live 1.00am** Pakistan v England, 5th T20, highlights from Gaddafi Stadium, Lahore **1.30** Pakistan v England, 6th T20, highlights from Gaddafi Stadium, Lahore **2.00** Pakistan v England, 7th T20, replay from Gaddafi Stadium, Lahore

RNZ Concert

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rnz.co.nz/concert

NB: Programmes are subject to change

SATURDAY

News and Weather 6.00, 8.00, 9.00, noon

6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **2.00** **Worlds of Music with Trevor Reekie** Trans-global, fusion and folk roots **3.00** RNZ Concert Afternoons **5.00** **Inside Out with Nick Tipping** Jazz favourites, standards and new releases **7.00** RNZ Concert Evenings **8.00** **Music Alive** Wallace National Piano Competition Opening Recital – Chopin: Impromptu No 1 in A flat Op 29; Fantasy in F minor Op 49; Mazurka in A minor Op 67/4; Polonaise in F# minor Op 44; Two Nocturnes Op 62; Barcarolle in F# Op 60; Nocturne in D flat Op 27/2, Piers Lane (piano) (recorded in University of Auckland's Music Theatre) **9.30** **Sound Lounge** Contemporary music **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon

6.00 Sanctuary **7.30** Hymns on Sunday with Robyn Jaquiere **8.00** Grace Notes **9.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** **Onstage** A showcase of live performances from Aotearoa and around the world **3.00** **The Musical Omnivore with David Morriss** Including Vintage Years **5.00** **New Horizons with William Dart** Rock, pop, country, folk and beyond **6.00** **Opera on Sunday** WFMT Opera Series 2022: Quadruple Bill of French Baroque Opera: Les Plaisirs de Versailles & Les Arts Florissants by Marc-Antoine Charpentier; and Les Fontaines de

Conductor Mei-Ann Chen, *Music Alive*, Wednesday, 8.00pm.

Versailles and Le Concert d'Esculape by Michel-Richard de Lalande **9.00** Made in New Zealand **11.00** **New Music Dreams** Ryan Smith explores ambient and drone music **12.00am** Music Through the Night

MONDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm

6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert

Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** NZSO: Spirit – Berlioz: Le Corsaire, Overture; Mahler: Songs of a Wayfarer; Strauss orch Heger: Allerseelen; Ruhe, meine Seele; Cäcilie; orch Heger: Heimliche Aufforderung; Morgen; Zueignung; Curtain Raiser: Prokofiev's Symphony No 5; Prokofiev: Symphony No 5 in B flat Op 100, Simon O'Neill (tenor), New Zealand SO/Hamish McKeich (recorded in Michael Fowler Centre, Wellington) **10.00** Day's End **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm

6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** WCMT: Amici Ensemble – Liszt: Hungarian Rhapsody No 9 in E (piano trio version); Mozart: String Quintet in G minor K516; Chausson: Concerto for violin, piano & string quartet, Donald Armstrong & Malavika Gopal (violins), Andrew Thomson (violin/viola), Julia Joyce (viola), Andrew Joyce (cello), Jian Liu (piano) (recorded in St Andrew's, Wellington) **10.00** Day's End **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm

6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00** **Music Alive** Carnegie Hall Live 2022: NYO of the USA – Revueltas: Sensemayá; Moncayo: Huapango; Tchaikovsky: Symphony No 6 in B

RNZ National

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NB: Programmes are subject to change

SATURDAY

6.08 Storytime **6.55** News 2 Me **7.08** Country Life **8.10** Saturday Morning with Kim Hill **12.10** **Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30** **Tagata o te Moana** Pacific news, issues, information and music **6.06** **Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06** **Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06** **Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12** **Standing Room Only with Lynn Freeman** Including 1.10 At the Movies 2.05 The Laugh Track **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35** **Te Manu Korihi** Māori news and issues **6.06** **Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **6.50** Voices **7.04** **Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

MONDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** **Nights with Karyn Hay** Entertainment and information **10.00** News at Ten **11.04** **Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** **Nights with Karyn Hay** Entertainment and information **10.00** News at Ten **11.04** **Worlds of Music** With Trevor Reekie **12.04am** All Night Programme

WEDNESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** **Nights with Karyn Hay** Entertainment and information **10.00** News at Ten **11.04** **Inside Out** Nick Tipping presents classic recordings and modern masterpieces from the world of jazz. **12.04am** All Night Programme

THURSDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** **Nights with Karyn Hay** **10.00** News at Ten **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00** **Morning Report** With Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** **Nights with Karyn Hay** **10.00** News at Ten **11.04** The Mixtape **12.04am** All Night Programme

Jack Tame, Newstalk ZB, Saturdays, 9.00am.



minor Op 74, Pathétique; Clyne: Sound and Fury; Price: Ethiopia's Shadow in America, National Youth Orchestra of the USA/Carlos Miguel Prieto, Mei-Ann Chen (recorded in Carnegie Hall, New York) **10.00** Day's End **12.00am** Music Through the Night

THURSDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm

6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** APO: Zarathustra – Mozart: Symphony No 29 in A K201; Haydn: Cello Concerto No 1 in C HobVIIb/1; Bach: Prelude, from Cello Suite No 3 in C BWV1009; Strauss: Also sprach Zarathustra Op 30, Julian Steckel (cello), Auckland Phil/Giordano Bellincampi (recorded in Auckland Town Hall) **10.00** Day's End **12.00am** Music Through the Night

FRIDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm

6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage A showcase of live performances **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** CSO: The Titan – Bernstein: Overture to Candide; De Castro-Robinson: Triple Clarinet Concerto; Mahler: Symphony No 1 in D, Titan, Ellen Deverall (clarinet), Richard Haynes (clarinet), Andrew Uren (bass clarinet), Melbourne Youth Orchestra, Christchurch SO/Benjamin Northey (recorded in New Zealand Airforce Museum, Christchurch) **10.00** Day's End **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY

6.00 Jamie McKay **7.00** D'Arcy Waldegrave **9.00** Jack Tame Noon Sportstalk **3.00** Tim Roxborough & Tim Beveridge **6.00** Roman Travers **12.00am** Jim Snedden

SUNDAY

6.00 Peter Wolfkamp **9.00** Francesca Rudkin Noon Sportstalk **3.00** Tim Roxborough & Tim Beveridge **6.00** Frank Ritchie & Jax van Buuren **7.30** John Cowan **8.00** Miles Davis **11.00** The Nutters Club **1.00am** Roman Travers

MONDAY-FRIDAY

5.00 Kate Hawkesby **6.00** Mike Hosking **9.00** Kerre Woodham Noon Simon Barnett & James Daniels (Andrew Dickens on Monday) **4.00** Heather du Plessis-Allan **7.00** Sportstalk **8.00** Marcus Lush **12.00am** Roman Travers/Tim Beveridge

Today FM todayfm.co.nz

SATURDAY

6.00 Nigel Yalden **9.00** WellBeings with Dominic Bowden Noon Robett Hollis **2.00** Sport with Marc Peard & John Day **6.00** Saturday Night Live

SUNDAY

6.00 Best of Tova & Lloyd Burr Live **7.00** Build & Design with Hamish Dodd & Stan Scott **9.00** Mel Homer Noon Dave Letele & Nats Levi **2.00** Graeme Hill **7.00** Podcast Playback **8.00** Polly Gillespie

MONDAY-THURSDAY

5.00 Rachel Smalley **6.30** Tova O'Brien **9.00** Duncan Garner Noon Leah Panapa & Mark Richardson **4.00** Lloyd Burr **7.00** Graeme Hill (Wilhelmina Shrimpton on Monday) **8.00** Polly Gillespie **12.00am** Today FM Late

FRIDAY

As above until evening **7.00** Podcast Playback **8.00** Friday Night Nickson **12.00am** Today FM Late

Classical

by RICHARD BETTS

Breaking Glass

David Bowie's *Lodger* as never heard before.

Classical music is as subject to the vagaries of fashion as anything else. American minimalism has fallen from critical favour, but in New Zealand, we've recently had superb readings from the NZSO and Gemma New of John Adams' *Doctor Atomic Symphony*, while the APO presented the same composer's *Scheherazade.2* in Auckland.

It's Christchurch and Dunedin's turn next, when the national orchestra rolls into town with British conductor Alexander Shelley for a pair of three-concert weekends as part of its *Immerse* series. Squeezed between shows of Brahms and Mozart (also playing in Auckland and Wellington), and a set-to-shuffle gig featuring alternative icon Shayne Carter (see page 64), is the New Zealand debut of Philip Glass' Symphony No 12, *Lodger*.

The symphony, completed in 2019, is the final instalment of the composer's three large-scale orchestral works drawing inspiration from David Bowie's so-called Berlin Trilogy of mid-to-late-70s albums, *Low*, "*Heroes*" and *Lodger*.

Each of those Bowie LPs, made with co-writer/provocateur Brian Eno, becomes more revered as time passes, but *Lodger*, more conventionally rock than *Low* and less moody than "*Heroes*", is the least fêted of the three.

The same could be said of Glass' work. While his *Low* and "*Heroes*" symphonies pull apart and reassemble Bowie and Eno's musical scaffolding, integrating it into Glass' own minimalist style, the composer found himself unable to do the same with *Lodger*. The classical guy blamed the rock'n'rollers.

"In *Low* and "*Heroes*", there are actual melodic themes that they composed,"

Philip Glass: building on Bowie's lyrics.

Glass told the *LA Times*. "When I got to *Lodger*, there were no original musical ideas on that record."

That's harsh. *Lodger* may be the runt of the litter in Bowie's Berlin trilogy, but it's an arresting, odd-in-a-good-way record. Nevertheless, those hoping for audible snippets of *African Night Flight* or *Red Sails* will listen in vain. Glass ditched the music entirely, and instead built his symphony around Bowie's lyrics, creating a work that has been dubbed a seven-movement song cycle.

Glass loses Bowie's jittery Cold War paranoia ... and substitutes repetitions and looping scales.

In doing so, Glass loses Bowie's jittery Cold War paranoia, and the sense of a world-weary rock star (just about) returned from the brink of cocaine addiction, and substitutes his own trademark repetitions and looping scales. It'll be interesting to hear how Shelley and the NZSO integrate the vocals of Whirimako Black, a special singer, but very different from Angelique Kidjo, whose throaty growl was heard at the world premiere and on Filharmonie Brno's recent recording. ■

Legacy, Bright Sparks, Fantastic Voyage, NZSO, presented in association with the *New Zealand Listener*, Sept 30 to Oct 16.



MICHELE HEWITSON

Age and reason

Last week at Lush Places will be remembered as The Week of the Great Sulk. We had a cat locked up in the garage and a sheep locked up in the tractor bay. The cat sulked by hiding under those odd bits of abandoned furniture that end up in garages. The sheep sulked in the tractor bay where, in the country, odd bits of abandoned and unidentifiable farm implements end up.

The cat was in the garage because she, Pixie, is a recently tamed wild cat and had been taken advantage of by a stinky tom cat. So, we had to take her on her first-ever visit to see the vet, to get her fixed.

The sheep, my pet, Elizabeth Jane, was in the tractor bay because the arrival of her lambs was imminent and the weather was, as usual, inclement.

I went to see her and take her food during the night. I lay down with her and may have drifted off. I was supposed to put the heavy gate up against the possibility of her egress. I must have, groggily, neglected to do this and so when Greg got up in the morning, she was in the garden.

I put his sulking down not to my misadventures with the makeshift sheep pen, but to not getting Wordle out until try No 6.

I was sulking because I woke up one morning last week and found that I had turned into quite an old person.

I remembered it was my birthday. I was old. I was, suddenly, it seemed, one year away from being 60.

Also, as it was my birthday, I should have been delivered a glass of vintage champagne

Honestly, the whole point of being the Queen was wasted on her. If I was the Queen, I would have had the glass of vintage champagne etc every morning.

As it was, on my birthday,

My friend Joanna is blunter. She says, "She hates you."

I can now put the new cat, the wild one, on my lap where she will settle happily and purr. The old cat has never, in those 11 years, deigned to sit on my lap for longer than the two seconds it takes for her to dig her claws in, hiss at me, then jump off in a sulk.



Elizabeth Jane's twins: there is nothing as uplifting to the spirits as a lamb.

Everyone was sulking. The rain would not stop. The mud would not stop glugging. There is hardly anything more dispiriting than the sound of a gumboot being plunged into a gloop of mud. The chickens sulked and refused to lay. They spent most days moping inside their coop.

Then the sun came out. The wild cat was released from purgatory and stopped sulking. The chickens emerged and laid some eggs. Elizabeth Jane had, overnight, with no fuss, given birth to fine twin lambs. I was still quite old. But we had lambs!

I wasn't quite up to the antics of Lewis Carroll's Old Father William:

*You are old, Father William,
the young man said,*

*And your hair has become
very white;*

*And yet you incessantly
stand on your head –*

*Do you think, at your age,
it is right?*

But I felt really rather sprightly. There is nothing as uplifting to the spirits as a lamb. I picked a bunch of the last daffodils to celebrate. ■

Everyone was sulking. The rain would not stop. The chickens sulked and refused to lay.

and a piping-hot English muffin with posh butter and Gentleman's Relish, and a perfectly poached egg. I had porridge, rather lumpy porridge.

The Queen – RIP, one hopes, from Harry and Meghan – apparently, used to breakfast on cereal stored in a Tupperware container.

I had to creakily arise from my crib to feed the old cat, who was shrieking in my ear, and clawing and biting at my arm, wanting her sachet of ridiculously expensive tuna and crab meat. She didn't eat it.

This is the cat I "rescued" 11 years ago. Greg likes to say, "She doesn't hold with you."

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A close-up photograph of a person's hands using red-handled pruning shears to harvest a large, ripe yellow lemon from a tree. The person is smiling and looking down at the fruit. The background shows more lemons and green leaves on the tree.

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